

OVER 400 activities inside!!

July - December 2016

ABQ 50+ **Activities** *Catalog*



you are never TOO OLD TO PLAY

Richard J. Berry
Mayor



CITY OF ALBUQUERQUE
DEPARTMENT OF



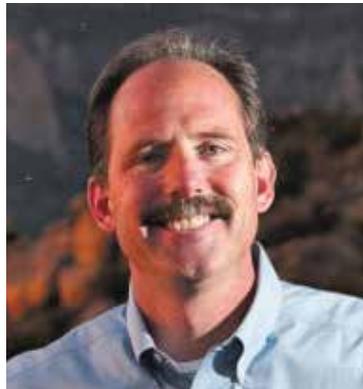
BERNALILLO COUNTY
SENIOR AFFAIRS



Jorja Armijo-Brasher
Director

A Catalog of Classes, Special Events, Support Groups, Trips, Fitness Activities and MUCH MORE!!

Something for Everyone!



Dear Friends:

I am pleased to present you with the Department of Senior Affairs Activities Catalog for July – December 2016. This catalog is packed with a variety of activities for you to enjoy. Take a moment to look through the pages of this catalog; you will find that there is a vast selection of activities to entice you in the arts, language, history, fitness, and trips. I think you will be amazed by the range of activities that are available to the 50+ population.

The Department of Senior Affairs offers a continuum of services that covers a wide spectrum of needs. Many seniors take advantage of the activities offered in senior centers, multigenerational centers and fitness facilities. There are also many seniors who utilize the transportation services offered by the department or are recipients of a home delivered meal. Senior Affairs may have the service and/or opportunity for which you are looking. Please visit a senior center or multigenerational center today, or call the Senior Information & Assistance Program at (505) 764-6400 to learn what the Department of Senior Affairs has to offer. We look forward to seeing you in the centers and hope that you remember that “You Are Never Too Old To Play!”

Sincerely,

Richard J. Berry
Mayor

Center Directory	3 - 5
Classes	8 - 20
Cultural Services (special pull-out section)	36 - 39
Dinner Dances	21
Events	20 - 28
Games & Cards	28 - 29
General Information	7 - 8
Groups & Clubs.....	30 -34
Manage Your Chronic Disease	17-18
Partnerships	6
Presentations	35, 42 - 46
Satellite Centers & Activities.....	47 - 49
Sports & Fitness.....	50 - 56
Trips.....	57 - 71
Volunteers.....	72
Weekly Center Dances.....	20



*Come make it
another banner year!*



Dear Friends:

Half-way through the year and what a better time to invest in your quality of life by joining one of the Department of Senior Affairs' Centers. As Director of the Department of Senior Affairs for the City of Albuquerque, I have the opportu-

nity to talk with senior citizens on a daily basis. The energy, vitality and enthusiasm I witness is a constant source of inspiration to me.

The theme of this catalog is “You Are Never Too Old To Play.” When I visit the centers, I see people taking computer classes, crocheting, making ceramics and pottery, exercising, learning to paint, preparing for a hiking trip, and of course dancing. I see people playing!

I invite you to glimpse through this July-December 2016 Activities Catalog. Our facilities are bustling with activities and programs

planned with something for everyone. For more specific information on all of the services that the Department has to offer, please feel free to call the Senior Information & Assistance Program at (505) 764-6400, Monday – Friday, between 8:30 a.m. and 4:30 p.m. We are ready for you!

Sincerely,

Jorja Armijo-Brasher
Director

City of Albuquerque, Richard J. Berry, Mayor
Robert J. Perry, Chief Administrative Officer
Michael J. Riordan, P.E., Chief Operations Officer
Jorja Armijo-Brasher,
Director, Department of Senior Affairs
Rhonda Methvin, Recreation Division Manager

Department of Senior Affairs Advisory Council

Debby Knotts, Chairman
Greg Lopez
Marianne Chiffelle
John Romisher
David Vargas
C. Hugh Formhals

City Councilors

District 1	Ken Sanchez	District 6	Pat Davis
District 2	Isaac Benton	District 7	Diane G. Gibson
District 3	Klarissa J. Peña, VP	District 8	Trudy E. Jones
District 4	Brad Winter	District 9	Don Harris
District 5	Dan Lewis, President		

The City of Albuquerque/Bernalillo County Department of Senior Affairs Administrative Offices are located at 714 7th Street SW. Program inquiries may be directed to 764-6400.



Center Directory

Barelas

714 7th St. SW, Alb, NM 87102
Phone: 764-6436 • Fax: 764-6472
Monday–Friday, 8:00 am–5:00 pm

Bear Canyon

4645 Pitt NE, Alb, NM 87111
Phone: 767-5959 • Fax: 767-5964
M,T,W,F 8:00 am - 5:00 pm
Thursday, 8:00 am - 9:00 pm
Saturday, 9:00 am - 3:00 pm
Thursday Night Dance 6:00 - 9:00 pm

Highland

131 Monroe NE, Alb, NM 87108
Phone: 767-5210 • Fax: 767-5224
M, T, W, Th, F, 8:00 am - 5:00 pm
Wednesday, 8:00 am - 7:00 pm
Saturday, 10:00 am - 4:00 pm

Los Volcanes

6500 Los Volcanes NW, Alb, NM 87121
Phone: 767-5999 • Fax: 767-5992
M,T,W,F 8:00 am - 5:00 pm
Thursday, 8:00 am - 7:00 pm
Saturday, 9:00 am - 1:00 pm
Hotspot Gift Shop
Mon. - Fri., 9:00 am - 1:00 pm

North Valley

3825 4th St. NW, Alb, NM 87107
Phone: 761-4025 • Fax: 761-4031
M,W,Th,F, 8:00 am - 5:00 pm
Tuesday, 8:00 am - 7:00 pm
Sunday 12:30 - 4:30 pm

Palo Duro

5221 Palo Duro NE, Alb, NM 87110
Phone: 888-8102 • Fax: 888-8107
M,T,Th,F, 8:00 am - 5:00 pm
Wednesday, 8:00 am - 7:00 pm
Saturday, 9:00 am - 1:00 pm
Desert Willow Gift Shop
Monday–Friday, 9:00 am - 2:00 pm

Multigenerational Centers

Manzano Mesa

Multigenerational Center
501 Elizabeth SE, Alb, NM 87123
Phone: 275-8731 • Fax: 275-8734
Monday - Friday, 8:00 am - 9:00 pm
Saturday, 9:00 am - 3:00 pm



Mission:
The Department of Senior Affairs is a community leader, who in partnership with others, involves seniors and people of all ages in creating a community that enhances everyone's quality of life by providing opportunities to achieve their potential, share their wisdom, maintain their independence, and live in dignity.

North Domingo Baca Multigenerational Center

7521 Carmel Ave. NE, Alb., NM 87113
Phone: 764-6475 Fax: 764-6489
Monday - Friday, 8:00 am - 9:00 pm
Saturday, 9:00 am - 3:00 pm

Breakfast at the Centers

Enjoy a full menu breakfast Mon. - Fri., 8:00–9:00 am at all of our centers. On occasion, meal service may be cancelled. Check with the front desk for schedule changes.

Lunch at the Centers

Barelas, Los Volcanes, North Domingo Baca, North Valley, Manzano Mesa
Reserve by 1:00 pm one work day prior.
Mon - Fri, 11:30 am - 1:00 pm
\$3.25 for 50 - 59, \$7.67 for guests under 50 (including children) If you are 60 or older, donations are accepted to help cover the expense of preparing the meal, however no one will be denied services for choosing not to donate.

Bear Canyon, Highland, Palo Duro

Monday–Friday, 11:30 am - 1:00 pm
\$3.25 for seniors, \$7.67 for guests under 50 (including children)

Fitness Centers

Call 880-2800 for Fitness Center information.

Palo Duro 50+ Sports and Fitness Center

3351 Monroe NE
Albuquerque, NM 87110
Phone: 880-2800 • Fax: 883-9362
Monday - Friday, 7:00 am - 7:00 pm
Saturday, 8:00 am - 2:00 pm

Los Volcanes Joe O. Armijo 50+ Sports and Fitness Center

6500 Los Volcanes NW
Albuquerque, NM 87121
Phone: 767-5990
Monday - Friday, 7:00 am - 7:00 pm
Saturday, 8:00 am - 2:00 pm



Center Directory Continued

Meal Sites

Sites are generally open Mon.–Fri., 9 am–3 pm, and offer activities as well as a hot meal for lunch. Lunch reservations are required. Menus and activities calendars are available. Suggested contributions: 60 and older: Donation; 50-59: \$3.25/meal; under age 50: \$7.67/meal. Limited transportation for neighborhood residents is available to some sites. Call below for information.

Nutrition Program Office

2540 Karsten Ct. SE, Alb, NM 87102
764-6474

Alameda Satellite

Raymond G. Sanchez Community Center
9800 4th Street NW, Alb, NM 87114
897-8896

Armijo Satellite

1714 Centro Familiar SW, Alb, NM 87105
873-0047

Embudo Towers

8010 Constitution NE, Alb, NM 87110
764-6467

Encino Garden

412 Alvarado SE, Alb, NM 87108
266-7736

Encino Terrace

609 Encino Place NE, Alb, NM 87102
247-4185

South Valley Multipurpose Senior Center

2008 Larrazolo SW, Alb, NM 87105
468-7604

La Amistad

415 Fruit NE, Alb, NM 87102
848-1395

Cesar Chavez Community Center

7505 Kathryn Ave SE, Alb, NM 87108
256-2680

Los Duranes Community Center

2920 Leopoldo NW, Alb, NM 87107
767-5900

Tijeras Senior Center

#10 Tijeras Ave, Tijeras, NM 87059
286-4220

Paradise Hills

5901 Paradise Blvd NW, Alb, NM 87114
314-0246

Rio Bravo

3910 Isleta Blvd SW, Alb, NM 87105
873-6647

Shalom House

5500 Wyoming NE, Alb, NM 87109
823-1434

Taylor Ranch Community Center

4900 Kachina St NW, Alb, NM 87120
768-6006

Thomas Bell Community Center

3001 University SE, Alb, NM 87106
848-1333

Wainwright Manor

5601 Gibson SE, Alb, NM 87108
764-6467

Whispering Pines

#6 Lark Road, Tijeras, NM 87059
281-8003



See Pages 47-49 for
Satellite Center Activities!!

Enjoy good food, good company,
and great entertainment!

Satellite Centers provide social activities as well as healthy and well-balanced noon meals for individuals over 60. Transportation to Satellite Centers may be arranged and are provided on a donation basis. The meals meet 1/3 of the USDA recommended dietary allowances and nutrition education is provided.

Volunteer Today!

LEAD. INSPIRE. CHANGE THE WORLD... AGAIN.

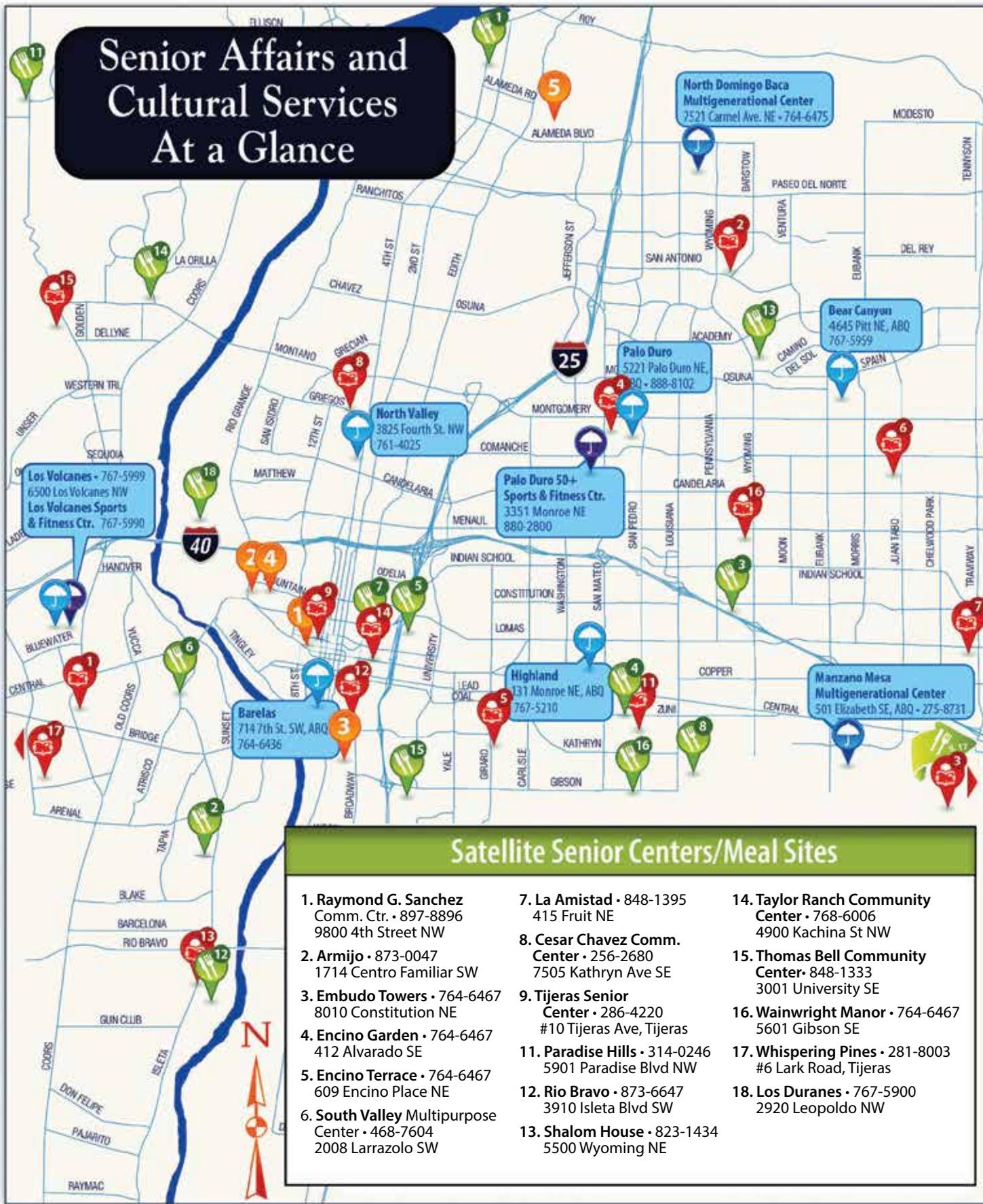


We offer a wide variety of
volunteer opportunities.

Do you have time, talents, skills, or
hobbies you would like to share?
If you do, please call the RSVP office
at **767-5225**

www.cabq.gov/seniors

Senior Affairs and Cultural Services At a Glance



Libraries

1. **Alamosa Library**
6900 Gonzales SW • 836-0684
2. **Central and Unser Library**
8081 Central NW • 768-4320
3. **Cherry Hills Library**
6901 Barstow NE • 857-8321
4. **East Mountain Library**
1 Old Tijeras Rd. • 281-8508
5. **Erna Fergusson Library**
3700 San Mateo NE • 888-8100
6. **Ernie Pyle Library**
900 Girard SE • 256-2065
7. **Juan Tabo Library**
3407 Juan Tabo NE • 291-6295
8. **Los Griegos Library**
1000 Griegos NW • 761-4020
9. **Main & Genealogy Library**
501 Copper NW • 768-5141
10. **North Valley Library**
7704-B 2nd St. NW • 897-8823
11. **San Pedro Library**
5600 Trumbull SE • 256-2067
12. **South Broadway Library**
1025 Broadway SE • 764-1742
13. **South Valley Library**
3904 Isleta SW • 877-5170
14. **Special Collections Library**
423 Central NE • 848-1376
15. **Taylor Ranch Library**
5700 Bogart NW • 897-8816
16. **Tony Hillerman Library**
8205 Apache NE • 291-6264
17. **Westgate Library**
1300 Delgado SW • 833-6984

Satellite Senior Centers/Meal Sites

- | | | |
|---|---|--|
| 1. Raymond G. Sanchez
Comm. Ctr. • 897-8896
9800 4th Street NW | 7. La Amistad • 848-1395
415 Fruit NE | 14. Taylor Ranch Community
Center • 768-6006
4900 Kachina St NW |
| 2. Armijo • 873-0047
1714 Centro Familiar SW | 8. Cesar Chavez Comm.
Center • 256-2680
7505 Kathryn Ave SE | 15. Thomas Bell Community
Center • 848-1333
3001 University SE |
| 3. Embudo Towers • 764-6467
8010 Constitution NE | 9. Tijeras Senior
Center • 286-4220
#10 Tijeras Ave, Tijeras | 16. Wainwright Manor • 764-6467
5601 Gibson SE |
| 4. Encino Garden • 764-6467
412 Alvarado SE | 11. Paradise Hills • 314-0246
5901 Paradise Blvd NW | 17. Whispering Pines • 281-8003
#6 Lark Road, Tijeras |
| 5. Encino Terrace • 764-6467
609 Encino Place NE | 12. Rio Bravo • 873-6647
3910 Isleta Blvd SW | 18. Los Duranes • 767-5900
2920 Leopoldo NW |
| 6. South Valley Multipurpose
Center • 468-7604
2008 Larrazolo SW | 13. Shalom House • 823-1434
5500 Wyoming NE | |

Cultural Venues

1. **The KiMo Theatre**
768-3544 • 423 Central Ave. NW
2. **Old Town**
Just NE of Rio Grande & Central
3. **South Broadway**
Cultural Center • 848-1320
1025 Broadway Blvd SE
4. **The Albuquerque Museum**
of Art & History • 243-7255
2000 Mountain Road NW
5. **Anderson-Abruzzo**
Albuquerque International
Balloon Museum • 880-0500
9201 Balloon Museum NE

Senior Centers

 Barelas 714 7th St. SW 764-6436	 Bear Canyon 4645 Pitt NE 767-5959	 Highland 131 Monroe NE 767-5210	 Los Volcanes 6500 Los Volcanes NW 767-5999	 North Valley 3825 4th St. NW 761-4025	 Palo Duro 5221 Palo Duro NE 888-8102
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Multigenerational Centers

 Manzano Mesa 501 Elizabeth SE 275-8731	 N. Domingo Baca 7521 Carmel Ave. NE 764-6475
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50+ Sports & Fitness Centers

 Palo Duro 3351 Monroe NE 880-2800	 Los Volcanes 6500 Los Volcanes NW 767-5990
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Great Partnership

Presenting Albuquerque's Rich Cultural Tapestry

What a perfect complement to one another—Senior Affairs and Cultural Services! In this Activities Catalog, the Department of Senior Affairs and the Cultural Services Department join together to show our fine city's rich variety of activities and services available to seniors and their families.

City of Albuquerque Department of Senior Affairs

The City of Albuquerque Department of Senior Affairs, has been serving Albuquerque and Bernalillo County residents for more than forty years. Through innovative programs and quality services, the department has evolved into an exemplary model, dedicated to enriching and improving the lives of our community's senior population.

Senior Affairs offers people age 50 and older a wide-array of services and opportunities. From services for active and healthy seniors to services for frail, homebound elderly, we provide activities and opportunities to involve you in our community and to promote active, healthy aging, as well as a continuum of care specially designed to meet individual needs throughout the aging spectrum.

Membership: Any person wishing to participate at a senior center is required to obtain a membership card. Membership is \$13 a year and is valid at all six senior centers in Albuquerque, and the Manzano Mesa and North Domingo Baca Multigenerational Centers and all 50+ Sports & Fitness Centers. People who are 50 years and older may become center members; spouses of members, even if they are younger than 50 may also become members. Individuals can be as young as six years old to become a member of a multigenerational center.



City of Albuquerque Cultural Services Department

City of Albuquerque, Cultural Services Department, oversees management of Albuquerque's Public Libraries, BioPark, Museums, the KiMo Theatre, and more.



Cultural Services also hosts special events during the year throughout the city. Cultural Services At a Glance:

- Albuquerque/Bernalillo County Library System
- ABQ BioPark: Albuquerque Aquarium, Rio Grande Botanic Garden, Rio Grande Zoo, Tingley Beach
- Albuquerque Museum of Art and History
- Anderson-Abruzzo Albuquerque International Balloon Museum
- Harry E. Kinney Civic Plaza
- KiMo Theatre
- Old Town – New Fun
- South Broadway Cultural Center
- Special Events
- GOV TV Channel 16
- Public Art Urban Enhancement Program

Mission: The mission of the Cultural Services Department is to enhance the quality of life in the City by celebrating Albuquerque's unique history and culture, and providing services, entertainment, programs, and collections that improve literacy, economic vitality, and learning in state of the art facilities that enrich City life and increase tourism to Albuquerque.

Using This Catalog

If you have a membership (only \$13 a year) at one location, and are over age 50, you are entitled to participate in all of our centers. If a trip or class is filled at your home center, a similar trip or class may be available to you at another.

Our Multigenerational Centers are for seniors, youth and the entire community age 6 and older. For only \$13 you can join our Multigenerational Centers. Currently we have two, Manzano Mesa and North Domingo Baca Multigenerational Center. Both centers have fitness rooms, classrooms, and meeting rooms. Manzano Mesa has a gymnasium and a water spraypark, a fully automated aquatic play environment where all ages can get wet during the hot summer months.

The activities in this catalog are especially designed for those age 50 and older. Programs funded by the Older Americans Act and the Area Agency on Aging (Home Delivered Meals, Transportation, and Care Coordination) have a minimum age of 60.

Some classes and trips require a fee. Other services, including lunch at our mealsites, may request a donation or nominal fee; however, no one is denied services for not contributing. For information on accessing other services, call Senior Information at 764-6400.

Unless otherwise noted:

- Activities are free with membership.
- Trip and class sizes are limited.
- Meals are at your expense.
- Activities are first-come first-served
- Unless there is alternative contact information in the listing, most activities require advanced reservations; Call the host center for more information (a center directory is on page 3).
- Activities leave from or take place at the host center.
- Return times are approximate.

Class fees are usually payable to the instructor at the first class.



AARP Smart Driver



This one day, four-hour class provides techniques for coping with changes in vision, hearing and reaction time, along with a "rules of the road" review. No tests are involved. \$15 for AARP members, \$20 for non-members. Make check payable to AARP and bring it to class. (Cash not accepted). Call for dates and to register.

Barelas, Lead & Coal
3rd Wednesday, 12:30 - 4:30 pm

Bear Canyon, Room 5
3rd Thursday, 12:00 - 4:00pm
1st Saturday, 9:30 am - 1:30 pm

Highland, Room 7
1st Thursday, 12:15 - 4:15 pm
2nd Saturday, 10:30 am - 2:30 pm

Los Volcanes, Room 2
1st Monday, 9:00 - 1:15 pm

Manzano Mesa, Room 5
1st & 3rd Saturday, 9:00 am - 1:00 pm

N. Domingo Baca, Community Room
1st Saturday, 10:30 am - 2:30 pm

North Valley, Room 4
1st Monday, 12:30 - 4:30 pm

Palo Duro, Ponderosa Pine
1st Friday, 8:30 am - 12:30 pm

Cleaning/Training Center Closing Schedule Summer/Fall 2016



Barelas
July 11 - 15

Bear Canyon
July 25 - 29

Highland
August 8 - 12

**Los Volcanes Senior
and Fitness Center**
September 12 - 16

**Manzano Mesa
Multi-Generational Ctr.**
August 29 - Sept. 2

North Domingo Baca
August 1 - 5

North Valley
August 22 - 26

Palo Duro Senior Center
August 15 - 19

Palo Duro Fitness Center
September 19 - 23

ALL CENTERS - Staff Retreat
October 7

HOLIDAY CLOSINGS

Independence Day
Monday, July 4

Labor Day
Monday, September 5

Veteran's Day
Friday, November 11

Thanksgiving
Thursday, November 24
Friday, November 25

Christmas Day
Monday, December 26

Health

Medicare Assistance

North Valley
Call for appointment
761-4025

Ask the Doctor

Discuss medical problems covering diagnosis, treatment and recovery.



Blood Pressure Screening

Bear Canyon, Room 2
Wednesday, 9:00 - 11:00 am

Palo Duro, Aspen
Monday, 9:30 - 11:30 am

GEHM Clinic

Call for dates

Barelas, Lobby

Highland, Room 3

Los Volcanes, Social Hall

Manzano Mesa, Lobby

N. Domingo Baca, Lobby

North Valley, Room 1

Center Shops & Markets

Flea Markets at the Centers

Find special bargains, treasures and satisfy your sweet tooth. Reserve your table at the front desk.

Barelas, Social Hall
Thursday, 8:30 am - 12:30 pm,
\$2 table

Bear Canyon, Multi-purpose
May - September
Tuesday, 10:00 am - 2:00 pm,
\$2.50 table

Highland, Lobby (Arts Mart)
Monday 7:30 am setup
8:00 am - 1:00 pm, \$2 rental

Los Volcanos, Social Hall
8:00 am - 11:00 pm, \$2 rental

Manzano Mesa, Patio
1st Friday, 8:00 am - 12:00 pm
(May - October) \$2 table

North Valley
Wednesday, 8:00 am - 12:00 pm
\$1, \$1.50, \$2 table

Gift Shops

Buy a gift made by a senior. You must be a center member to sell.

Palo Duro, Desert Willow Gift Shop
Monday - Friday, 9:00 am - 2:00 pm

Friendship Coffee

Chat with old friends and make new ones over coffee and a special treat.

Barelas, Social Hall
Wednesday, 9:30 - 10:30 am

Bear Canyon, Social Hall
Tuesday, 9:30 - 10:30 am

Highland, Lobby
Tuesday, 10:00 - 11:00 am

Manzano Mesa, Social Hall
Thursday, 10:00 - 11:00 am

North Valley, Social Hall
Wednesday, 9:00 - 11:00 am

**Palo Duro,
Cottonwood**
Wednesday
9:15 - 10:15 am



Learn how to
manage
your chronic
disease.

See pages
17 & 18



General Information

Legal Clinic

Senior Citizen Law Office

Provides general legal information. Divorces, wills, and criminal issues are not included. Info: 265-2300.

Highland, Room 7

3rd Tuesday, 1:00 - 3:00 pm

Los Volcanes, Room 1

4th Thursday, 10:00 am - 12:00 pm

North Valley, Room 4

3rd Thursday, 9:00 - 11:00 am

Advance Directive Workshop (Powers of Attorney, Cremation Authorization, EMS/DNR)



Volunteer Opportunities

If you have time, talents, skills, or hobbies you would like to share, please call 767-5225.

Shopping Trips from Barelas

50¢ transportation. Sign up at front desk.

Barelas

Wal-Mart Superstore

Monday, 9:30 - 11:30 am



"Rain to River", the Hahn Arroyo Mosaic Project, by lead artist Nan Masland & 160 community volunteers, 2011.

New Member Orientation

Staff will welcome new members and talk about the programs and services our centers have to offer.

Bear Canyon, Room 1

2nd Friday, 10:30 - 11:30 am

Public Art in Albuquerque

A free brochure is available by contacting us at publicart@cabq.gov. Please visit our interactive public art map at www.cabq.gov/publicart/public-art-in-albuquerque. Sign up for our bi-monthly e-newsletter at www.cabq.gov/publicart/e-newsletter-archive.



Americans with Disabilities Act:

The City of Albuquerque does not discriminate on the basis of race, color, national origin, ancestry, sex, religion, age or disability in employment or provision of services. If you have a disability and will need special assistance to benefit from an activity or trip offered by a senior center, please call that location at least two weeks prior to that event.

Arts and Crafts Classes

Amateur Telescope Making

Making your own telescope.

Manzano Mesa, Room 3

1st, 3rd, Wednesday, 7:00 - 9:00 pm
Instructor: Mike

Art Hand Bags

During this 2-session, 3-hour class, design and complete a unique art handbag. Learn quilting and embellishment techniques. Your own sewing machine is required for this class. Material list: 2-3 yards upholstery, denim or canvas material, buttons, trim, handle fasteners, and 2-3 yards heavy batting.

Bear Canyon, Room 5

Tuesday, September 6 and 13, 1:00 - 4:00 pm

Instructor: Mary
\$20 plus materials

Arts & Crafts Class

Crafts, plastic canvas, pin & button necklaces, embroidering.

Barelas, Santa Fe

Friday, 8:00 am - 1:00 pm
Instructor: Viola

Arts & Crafts From Around the World



Learn the beautiful Norwegian folk art of Rosemaling (ROSE-Mahl-ling) with Colorado Rosemaling teacher/author, Diane Edwards. Diane will teach a beginner and intermediate pattern on a wood plate, using acrylics. Deadline to sign up: September 8th. See front desk for cost & supply list for class.

Highland, Room 8

Friday, September 23, Saturday, September 24, 10:00 am - 4:00 pm



Join us as we visit the Santuario de Chimayo!!
See page 60

Arts and Craft- Sharing

For beginners who want to learn and for the experienced who want to share. Embroidery, crochet, counted cross-stitch, knitting, needlecraft and more.

North Valley, Room 3

Wednesday, 9:00 am - 12:30 pm



Learn How to Make Cactus Jelly

Join Barelas Center Garden Keeper Patrick Turrieta as he instructs how to make delicious Cactus Jelly from the prickly pear (tuna in Spanish) from our local cactus plants. He will also show you how to make a tasty beverage he calls a Cactus Cooler. This class is limited to 15 participants and is free.

Los Volcanes, Room 2

TBA (November)
Instructor: Patrick



Ceramics

Learn about ceramics, starting with care and use of molds, pouring, preparation for firing, glazing, over glazing and/or staining, decorating, decals, etc. Materials not included.

Barelas, Santa Fe
Monday, Wednesday,
9:00 am - 12:00 pm
Instructor: Thomas

Los Volcanes, Room 4
Friday, 8:00 - 11:30 am

North Valley, Room 4
Tuesday, Wednesday, 12:00 - 4:00 pm

Palo Duro, Piñon Room
Monday, Thursday,
8:00 am - 12:00 pm

Make a 3-D Christmas Paper Ornament

Come learn how to make your own paper ornament as a gift or for yourself!

Week 1: You will learn how to draw line patterns on 3 strips of paper.

Week 2: You will learn how to construct a paper sphere from the 3 strips.

Supplies: The class fee covers everything except the drawing pens which will be available to use and/or purchase from the teacher.

Palo Duro, Juniper
Saturday, November 5, 12,
9:00 - 11:00 am
Instructor: Nancy
\$25

Open Studio Mixed Media Arts

North Domingo Baca
Tuesday, 1:00 - 3:00 pm

Palo Duro Palettes

We work in all mediums and share our knowledge and enthusiasm. Come sample a variety of methods, ideas as well as new techniques.



Materials are available.

Palo Duro, Piñon
Wednesday, 1:00 - 3:00 pm
Instructor: Lamkin

Photography Classes

Sign up at the front desk.



North Domingo Baca
Wednesday 8:30 - 11:30 am,
Thursday 6:00 - 8:00 pm
Instructor: Jim

Plastic Canvas

Plastic canvas is a foundation for needlepoint or other canvas work embroidery, Its rigidity makes it useful for creating 3-dimensional objects such as tissue box covers, small jewelry boxes, handbags, and other decorative objects. Fees determined on 1st day of class.

Los Volcanes, Room 4
Thursday, 1:00 - 3:00 pm
Instructor: Grace



Porcelain Doll Making

Learn this art while making a doll. Materials not included.

Los Volcanes, Room 4
Thursday, 9:00 - 11:00 am



Rosemalers

We do rosemaling from Norway, dalmalning from Sweden, hindeloopen from Holland and bauernmalerei from Germany and others. Bring a wood piece and we will get you started. No registration required. Offered September 2016 through May 2017 and not

offered during the months of June through August 2016.

Highland, Room 3
Friday, 9:30 - 11:30 am
2nd Saturday (Meeting),
10:00 am - 12:00 pm
Instructor: Diana

Stained Glass

Learn how to cut, grind and copper foil glass, assemble, solder and complete projects. Materials not included.



Los Volcanes, Room 4
Friday, 1:00 - 4:00 pm
Palo Duro, Cottonwood
Friday, 9:30 - 11:30 am
(Class does not meet in July, August)

Visiting Artists Series

Guest artist guides participants in an activity that often involves a demo and a hands-on experience. Open to all. A different artist volunteers each week from Memorial Day to Labor Day. During the summer, the program is more informal.

Palo Duro, Cottonwood
Tuesday, 1:00 - 3:00 pm
Instructor: Haag



- Fitness
- Events
- Dances
- Classes
- Meals
- Clubs
- Games
- Trips

THERE IS SOMETHING FOR EVERYONE!

JOIN US!!!
MEMBERSHIP
IS ONLY
\$13/YEAR



Lots of Activities! Lots of Education!
Lots of Entertainment! And more importantly... Lots of Fun!

Crocheting/Knitting

The "Busy Bees"

Donate hats, blankets and scarves to many organizations.

Palo Duro, Cottonwood
Wednesday, 12:00 - 3:00 pm
Instructor: Courtright

Crocheting

Join our fun-loving group for socializing and learning new techniques.

Los Volcanes, Room 2
Monday, 1:00 - 4:00 pm

Los Volcanes, Room 2
Wednesday, 9:00 am - 12:00 pm

Happy Hookers Crochet Club

This all ages, all levels, informal group works on individual projects and group project; making lap rugs for disabled vets.

Manzano Mesa, Room 4
Monday, 1:00 - 3:00 pm
Instructor: Schmidt

Introduction to Crochet

You will learn how to read patterns & charts along with how to select the right hook and yarn for future projects. You'll start by making a simple dishcloth then a scarf. Yarn for 1st project will be provided. Supply List will be handed out at 1st class. Additional supplies will cost \$5-10, depending on your choice of yarn. Bring a size "G" crochet hook to class to the first class.

North Valley, Room 3
Tuesdays, September 6,
13, 20, 27,
3:00 - 4:30 pm
Instructor:
Toni and Anna
\$55



Knitting and Crocheting

All levels welcome. Learn techniques for creating sweaters, afghans, baby blankets, etc. Many of the blankets are donated to Project Linus.

Bear Canyon, Room 5
Monday, 10:00 am - 12:00 pm

Los Volcanes, Room 2
Tuesday, 10:00 am - 11:15 am
Material cost applied

Manzano Mesa, Room 3
Friday, 1:00 - 3:00 pm

North Valley, Room 3
Wednesday, 9:00 am - 1:00 pm

Drawing



Drawing

Los Volcanes, Room 4
Tuesday, 9:00 - 11:30 am
Instructor: Janet

North Domingo Baca
Saturday, 9:15 am - 11:15 am

Learn to Draw with Kelly

Come have fun with us! Supplies can be purchased at Michaels or Hobby Lobby. 1 - 12x18 of newsprint, 1 - kneaded eraser, 1 - charcoal pencil.

North Domingo Baca
Friday, 9:00 - 11:00 am

Pastel Drawing Intermediate

This is an intermediate class to help develop good habits in pastel painting. Students will practice different strokes to achieve a variety of textures and color mixing. Elaine will share some tips on painting, rendering effective shadows and creating flashy reflective surfaces. Come work on your pastel landscape and still life. Advanced Color palettes will be discussed and studied.

North Valley, Room 4
Tuesday, August 2, 9, 16, 4:30 - 6:30 pm
Instructor: Elaine
\$60

Head drawing and Portraits

Pencil and pastels. Learn the foundations for head drawing and working on a portrait. Each student will do a self-portrait or portraits from a photograph. The course will cover the beginning drawing techniques and learn to capture character. Bring your own materials. Come work on learning to paint with different palettes and learn techniques that advance your knowledge about head drawing and portraits

North Valley, Room 4
Tuesday, November 1, 8, 15, 22 and 29
4:30 - 6:30 pm
\$65
Elaine Cimino



Portrait Drawing Class

We need your face! Highland Portrait Drawing class draws live models with a focus on the proportions of the head. Models are needed weekly; in return models will get copies of all the artworks of your portrait. New Artists welcomed and models are always needed. Call the front desk for more information.

Highland, Room 8
Tuesday, 10:00 - 11:00 am
Instructor: Marge

Sketching

Los Volcanes, Room 10
Thursday, 9:00 - 11:00 am
Instructor: Janet and Jean

Calligraphy

Basic Calligraphy

Enjoy and learn the art of beautiful handwriting! Learn Italic, Chancery Cursive, Bookhand and Uncial Scripts.

North Valley, Room 3
Tuesday, Thursday,
July 12-28, 1:00 - 2:30 pm
Instructor: Nancy
\$20 Materials

Escribiente Calligraphy Society

Manzano Mesa, Room 5
1st Wednesday (Except, July,
December), 6:30 - 8:30 pm
For more information: escribiente.org

Games

Game: Learn to play American Mah Jongg

Mah Jongg is a challenging game of skill, strategy, calculation and chance. It's like nothing you have played before. If you are a game player you can

learn the rules. Mastering the game takes time, but it is well worth it! Lessons are suitable if you've never played the game, or need a refresher after many years' hiatus.

Bear Canyon, Room 2
 Saturday, August 6, 13, 20
 12:30 - 2:30 pm
 Instructor: Cyndi
 \$20 Non Refundable



Jewelry

Beading/ Jewelry Group

Make your own beautiful art in jewelry.

Manzano Mesa, Room 4
 Monday, 8:00 - 11:30 am

Beaded Stretchy Bracelet

You will be making a stylish, stretchy beaded bracelet that is perfect for going out on the town, lunch with the girls or a gift for someone special. All supplies will be provided.

North Valley, Room 3
 Tuesday, July 19, November 22
 3:00 - 4:30 pm
 Instructor: Toni and Anna
 \$15 Materials

Crochet Beads and Chain Bracelet Cuff

This fun bracelet cuff can be crocheted in any color combination of bead and thread of you choose. It's a simple pattern that can be made in an hour. Please bring your own size C hook.

North Valley, Room 3
 Tuesday, October 18, 3:00 - 4:30 pm
 Instructor: Toni and Anna
 \$15 Materials

Stranded Button Necklace Class

Create a fun and fashionable necklace made with lots of colorful buttons and several strands of cords. All you need is the ability to tie a knot and the willingness to have some fun. All supplies provided.

North Valley, Room 3
 Tuesday, August 23, 3:00 - 4:30 pm
 Instructor: Toni and Anna
 \$15

Leather Working

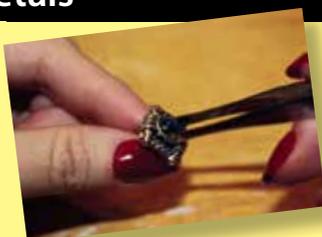
Leather Craft

Learn the art of hand-tooled leather crafting. Students must buy leather. Some tools provided.

Palo Duro, Aspen
 Tuesday, 12:00 - 2:00 pm \$1 per month; New students \$5



Metals



Metal Silversmith and Jewelry Making Open Lab

Open lab for metals, silversmith, fused glass and enamel for those students with a basic knowledge of jewelry making.

Palo Duro, Juniper
 Wednesday, 11:15 am - 4:00 pm
 Instructor: Garcia and Taylor

Silversmith I

Cut, stamp, hammer, solder and finish silver. Learn basic techniques with practical information. See instructor for Silversmith II- VIII classes.

Palo Duro, Juniper
 Wednesday, August 24, 31
 September 7, 14, October 26,
 November 2, 9, 16
 4:30 - 6:30 pm
 \$150 course, silver and materials fee

Silversmith II

Expand on skills with a focus on bezel construction, soldering and stone setting. Prerequisite: Silversmith I.

Palo Duro, Juniper
 Wednesday
 July 20, 27, August 3, 10
 September 28
 November 2, 9, 16, 30
 December 7, 14, 21
 4:30 - 6:30 pm
 Instructor: Eileen
 \$160 Course, Silver and Materials Fee

Silversmith Open Sessions Metal Casting

Learn basic skills and methods. Using the lost wax casting process you can cast objects in silver & bronze.

Palo Duro, Juniper
 Thursday, 1:00 - 4:00 pm
 Instructor: Lumpee
 \$2 per casting for consumables

Tin Class

Tinsmithing is a traditional Spanish colonial art form. Come to learn basic techniques.

Los Volcanes, Room 4
 Tuesday, 1:00 - 4:45 pm

Painting



Artist's Corner

Painting, Drawing and Pastels. Bring your own materials

Manzano Mesa, Room 3
 Thursday, 1:00 - 4:00 pm
 Instructor: Kennedy

Brilliance of Soft Pastels

Beginners focus on technique, composition and materials. Intermediate students focus on interpreting value and color, enhancing skills and new challenges. Demos given along with individual help. Some materials may be purchased. Call for dates. 6 - 8 week session

Manzano Mesa, Room 3
 Monday, 1:30 - 4:00 pm
 Instructor: Sharon



Landscape Painting with Oil Pastel

Learn basic techniques: Line, Form, Perspective and Color Blending. Students will need to pick up a materials list prior to class at front desk, materials not included.

Barelas, Lead/Coal
Thursday, September 1, 8, 15, 22
1:00 - 2:30 pm

Palo Duro, Pinon
Monday, September 12 - October 3
1:30 - 3:00 pm,
Instructor: Kerry
\$50

Painting: Oil

Instruction is given on perspective, composition, and form, color mixing and blending. All levels. Bring materials.

North Valley, Room 4
Friday, 9:00 am - 12:00 pm

Painting: Open Workshop

All venues welcome. No registration required, bring materials.

Bear Canyon, Room 3, 4
Friday, 9:30 am - 12:00 pm
Instructor: Marian

Painting Workshop: Acrylic

Instruction is given on perspective, composition, form, color mixing and blending. All levels. No registration required. Students supply their own materials.

Bear Canyon, Rooms 3
Monday 9:00 am - 12:00 pm
Instructor: Paul

Painting Workshop: Oil

Instruction is given on perspective, composition, form, color mixing and blending. All levels. No registration required. Bring materials.

Bear Canyon, Rooms 3, 4
Wednesday, 9:00 - 11:30 am
Instructor: Marian

Watercolor

This on-going activity allows participants to share ideas, techniques and inspiration. No registration required.

Bear Canyon, Room 3
Tuesday, 1:00 - 3:30 pm
Instructor: Paul

Watercolor: Adult Class

North Domingo Baca
Tuesday, 9:00 am - 12:30 pm
Instructor: Raymond

Watercolor for Fun

This all levels class covers: Land-scape, spring flowers, still life, painting from photos and sketches and one class on location. This is a self-directed class.

North Domingo Baca
Monday, 8:30 am - 12:30 pm
Facilitator: Jo Nell

Wildlife Painting in Watercolor

This is an intermediate class to help develop good habits in Watercolor painting. Students will practice different strokes to achieve a variety of textures and color mixing. Elaine will share some tips on painting, rendering effective shadows and creating flashy reflective surfaces. Come work on learning to draw and paint wildlife. Textures and techniques will be taught.

North Valley, Room 4
Tuesday, August 30 - September 20,
4:30 - 6:30 pm
Instructor: Elaine
\$65



Color Palettes

Watercolor, Acrylic and Pastel palettes will be discussed and studied. Members will produce a painting in the medium of their choice working with different palettes with the same picture. Warm- cool, high and low key, tonal work, landscape vs. portraits and still life will be used as examples. Come work on learning to paint with different palettes and learn techniques that advance your knowledge about color.

North Valley, Room 4
Tuesday, October 4, 11, 18 and 25
4:30 - 6:30 pm
\$65
Elaine Cimino

Pottery



Pottery

All levels welcome. From pinch pots, slabs, coiling to wheel throwing. Self-directed. There is a material fee.

Manzano Mesa, Room 3
Tuesday, Thursday, 9:00 am - 1:00 pm

North Valley, Room 4
Monday, 9:00 - 11:30 am

Palo Duro, Piñon
Friday, 9:00 - 11:30 am

Pottery: Beginning

Learn the fundamentals of creating art with clay. This fifteen-week class will focus on basic hand building projects such as coil pots, slab vessels, and sculpture. All work will be fired in the studio. Class fee: \$50. Pay as you go materials and firing fees also apply.

Bear Canyon, Room 5
Thursdays, September 15 - December 22, 8:30 - 11:30 am
Instructor: Christine

Los Volcanes, Room 4
Wednesday, 9:00 - 11:00 am

Pottery: Intermediate

This class is for students who have completed the Beginning Pottery course or who have proficient knowledge. This fifteen-week class will cover a variety of clay projects including sculpture, hand built pottery, pottery on the wheel, glaze finish and surface design. All work will be fired in the studio. Pay as you go materials and firing fees also apply.

Bear Canyon, Room 5
Wednesday, September 14 - December 21
1:00 - 4:00 pm
Instructor: Christine
\$50



Pottery and Handbuilding Clay

Come learn the basic techniques of hand-building and make some of your own pottery creations.

Barelas, Santa Fe.
Thursday, 1:00 - 4:00 pm
Instructor: JoLynne
Material fee.

Pottery Clay Classes

Call center for more information.

North Domingo Baca
Monday, 1:00 - 4:00 pm, Saturday,
12:00 - 2:30 pm

Pottery for Kids

Parents must remain in Class for ages 5-7.

North Domingo Baca
Friday, 3:30 - 4:30 pm
\$2 per class per student

Pottery Open Studio/Lab

Open Studio is for self-led intermediate students who wish to further explore projects independently. Students must complete at least one intermediate course with the pottery instructor to be eligible for this course. All work will be fired in the studio. Materials and firing fees apply.

Bear Canyon, Room 5
Friday, September 16 – December 23
1:00 – 4:00 pm
Instructor: Christine

Los Volcanes
Thursday, 12:30 - 4:00 pm

Palo Duro, Piñon
Wednesday, 8:00 - 11:30 am
Self-directed

Pottery Open Studio

Once completing the six month introduction to pottery, students may use the open studio time to further explore projects in clay. This class is for self-led, intermediate-level students. Materials and firing fees apply.

Highland, Room 2
Thursday, 1:00 - 4:00 pm

Pottery with Penne

This class will create in clay using multiple techniques- pinch pots, coiling slabs, the potters' wheel, glazing and firing. We will practice with techniques using bowls, cups, sculptures and ideas from your imagination. This class is designed for the beginning to intermediate student. Sign up is required.

Highland, Room 2
Wednesday, 9:00 am - 12:00 pm
Instructor: Penne

Tile Class

Manzano Mesa, Room 3
Monday, 9:00 am - 1:00 pm
Tuesday, 9:00 am - 1:00 pm
Friday, 8:30 am - 12:30 pm (Special Needs Tile Painting)
Instructor: Lawanda
See center for pricing.



Quilting, Sewing and Weaving

Get It Done!

Chat while you "get done" those projects in this modern day quilting bee.

Palo Duro, Juniper
Friday, 12:00 - 2:00 pm

Hand Quilting

A group of people interested in quilting and quilting art assemble. Most of the individuals quilt by hand but sewing machines are also used. No formal instruction is given however encouragement is shared by all.

North Valley, Room 3
Monday, 8:00 am - 5:00 pm
Sunday, 1:00 - 4:30 pm

Highland Laptop Quilters

An experienced group of hand quilters sharing ideas, assisting each other and completing quilts to completion. A wide variety of items from

donated materials. Everything produced is given to community groups and hospitals. Donations of fabric and yarn are always appreciated.

Highland, Room 3
Monday, 9:00 - 11:30 am

Machine Quilting

Manzano Mesa, Room 4
Thursday, 11:00 am - 2:00 pm

Punch Quilting

A "no sew" way to create fabric pictures and wall hangings.

Manzano Mesa, Room 3
Tuesday, 1:00 - 3:00 pm

Quilting

Quilting is the process of sewing of two or more layers of fabric together to make a thicker padded material, usually to create a quilt or quilted garment. Typically, quilting is done with three layers: the top fabric or quilt top, batting or insulating material and backing material. Novice and experienced quilters are welcome. Donations of fabric and yarn are always appreciated.

Highland, Room 7
Tuesday, 8:00 am-12:00 pm

Los Volcanes, Room 2
Thursday, 9:00 am - 12:00 pm

Palo Duro, Cottonwood
Tuesday, 8:00 am - 12:30 pm
Instructor: Spartz, Stanton
Saturday, 9:00 am - 1:00 pm
Instructor: Stanton

Quilting: Experienced

This group of experienced hand quilters works on each other's quilts to completion.

Bear Canyon, Rooms 3, 4
Tuesday, 8:30 - 11:45 am
Instructor: Janet



Quilting, Sewing and Weaving, con't.



Sewing and Alterations

Bring your latest sewing project and get help with any alterations or question you may have!

Palo Duro, Ponderosa
Tuesday, 10:00 am - 12:30 pm
Instructor: Gosso

Swedish Weaving

Swedish Weaving is an art of weaving yarns through a counted cloth, called Monk's Cloth.

Los Volcanes, Room 2
Tuesday, 11:30 am – 2:30 pm

Palo Duro, Pondersosa
Friday, 2:15 - 4:30 pm
Instructor: Carla
\$10 material fee

Tuesday Angels

A wide variety of items from donated materials. Everything produced is given to community groups and hospitals. Donations of fabric and yarn are always appreciated.

Palo Duro, Aspen
Tuesday, 8:30 - 11:30 am
Instructor: Bommelaere

Woodworking

Open Woodshop and Wood Carving

If you are interested in carving, cutting or working on other wood projects please join us.

Los Volcanes, Room 10
Tuesday, 9:00 - 11:00 am
Instructor: Ray

Los Volcanes, Room 4 (Power)
Wednesday, 12:00 - 4:00 pm
Instructor: Juanita

Manzano Mesa, Room 3
Wednesday, 8:00 - 11:30 am
Instructor: Ralph

North Valley, Room 3
Tuesday, 8:30-10:30 am

Woodcarving/Bear Canyon Carvers

Women and men of all skill levels enjoy woodcarving in this ongoing class.

Bear Canyon, Room 5
Friday, 8:00 am - 12:00 pm
Instructor: Gerry

Folk Art



Retablos/Hispanic Folk Art

Learn the art of making retablos.

North Valley, Room 3
Wednesday, 1:00 - 4:00 pm
Instructor: Andrade

Barelas, Stover
Tuesday, 9:00 - 11:30 am
Instructor: George

Traditional Spanish Tin Work/Beginners Class/Open Tin Studio

Tinsmithing is a traditional Spanish colonial art form. Come to learn basic techniques. See center for complete details and supplies. Sign-up is required.

Highland, Room 2
Tuesday, 1:00 - 3:00 pm
Instructor: Cora
\$10

Acting/Theater

Acting/Theater Workshop

Join us for a 6 week acting workshop. This workshop offers an overview of the theater (i.e. set design, costumes etc.) not just acting. Students will put together elements from previous workshops as a review and prepare for a final performance in front of audience members.

Manzano Mesa, Room 4
Monday, 10:00-11:00 am
September 12 - October 17
Sandia Performing Arts Company
\$5 per session

Barelas Clown Academy

FREE—UP your inner child to discovering the fun, creative, clown in you! Upon graduating, you will have the opportunity to sponsor your grandchild into the Clown Academy. You will need to purchase some materials. Donations gladly accepted.



Barelas, Lead/Coal
Tuesday,
1:30 - 3:30 pm
Instructor: Jingles the Clown

Composition (writing classes)

Wordwright's Writing

North Domingo Baca
Monday, 1:30 - 3:30 pm



Computer

Barelas

Introduction to Microsoft Windows 8.1 (Windows 10)

This class is ideal for the first time student wanting to learn the use of the computer and the student wishing to update their computer skills with the latest Microsoft operating system. Students will learn about basic computing and how to use the latest Microsoft operating system. You will learn about all computer components and



how they interact to work with various Microsoft computer programs. Minimum of 4 students needed to offer this class. Please see instructor to sign up 1 week prior to class.

Barelas, Computer Room
 Tuesday, September 6, 13, 20, 27
 9:00 - 11:00 am, 1:00 - 3:00 pm
 Tuesday, November 1, 8, 15, 22,
 9:00 - 11:00 am, and
 1:00 - 3:00 pm
 Instructor: Patrick
 \$20

Introduction to Microsoft Publisher 2013

Learn how to make flyers, greeting cards, calling cards, and banners. It is recommended that the student have common use and understanding of Windows 8.1 or Windows 10 operating system prior to taking this class. Please see instructor to sign up for class. Minimum of 4 students needed to offer this class.

Barelas, Computer Room
 Tuesday, October 4, 11, 18, 25
 9:00 - 11:00 am, 1:00 - 3:00 pm
 Tuesday, August 2, 9, 16, 23
 9:00 - 11:00 am, 1:00 - 3:00 pm
 Tuesday, December 6, 13, 20, 27
 9:00 - 11:00 am, 1:00 - 3:00 pm
 Instructor: Patrick
 \$20

Barelas Computer Lab

Open to members who wish to practice their skills or access the web. The Lab will be open only if a computer monitor is in the present.

Barelas, Computer Room
 Call Center for hours.

Bear Canyon

Windows Computer Workshop

A FREE monthly workshop forum where you have the opportunity to get your Windows PC related questions answered. No

reservations needed. Seating is limited to the first 25 who arrive. Contact: Harold Gottlieb at: hbgott12@q.com

Bear Canyon, Computer Lab
 3rd Wednesday, 1:30 - 3:30 pm
 Facilitators: Harold & Gary

Windows PC Classes at Bear Canyon



For a calendar of Bear Canyon computer room activities, visit:
<http://www.brownbearsw.com/freecal/bcsc>

We conduct classes periodically on a variety of Windows PC topics. To join our eMail list, and receive course notifications, contact Gary Day at 292-4909 or eMail, garylday@msn.com

Apple Macintosh Day



Open to Mac users of any experience level—FREE. An open, interactive-Apple Macintosh Users meeting that includes:

- The Learning Corner – 9:45 to 11:15 am. Announcements, and a Macintosh educational presentation – A different subject every month.
- Macintosh Q/A Session – 11:30 am to 12:30 pm. Bring your questions and see answers demonstrated on our large movie screen.

Bear Canyon, Rooms 3 & 4,
 3rd Saturday of each month.
 Facilitator, Bob Reed
 – reed1936@comcast.net



Apple iPad & iPhone Workshop

iPad and iPhone users, bring your iPad or iPhone and join the fun! This is a FREE workshop format

where your iPad, iPhone, and iOS questions may be answered. Note: Kindle, Nook, Windows tablets, or Android devices are not covered. Seating is limited to the first 25 who arrive.

Bear Canyon, Computer Lab
 2nd Thursday
 10:00 am – 12:00 pm
 Contact: Bob Reed –
 reed1936@comcast.net

Los Volcanes

Introduction to Microsoft Publisher 2013/ 2016

Learn how to make flyers, greeting cards, calling cards, banners, etc. Minimum of 4 students need to sign up to present this course. It is recommended that the student have common use and understanding of Windows 8.1 or Windows 10 operating systems prior to taking this class. 16 lesson course. Please sign up at the front desk

Los Volcanes, Room 1
 Wednesday, July 6, 13, 20, 27
 August, 10, 17, 24, 31
 11:30 am - 1:30 p.m.
 Instructor: Patrick
 \$20



Introduction to Microsoft Publisher 2013/2016

Learn how to make flyers, greeting cards, calling cards, banners, etc. Minimum of 4 students must be signed up for this class to be presented. It is recommended that the student have common use and understanding of Windows 8.1 or Windows 10 operating system prior to taking this class. 16 lesson course. Please sign up at the front desk.

Wednesday, November 2, 9, 16, 30,
 December, 7, 14, 21, 28,
 11:30 am - 1:30 pm
 Instructor: Patrick
 \$20





Los Volcanes, con't.

Introduction to Microsoft Windows 8.1- (Windows 10)

This class is ideal for the first time student wanting to learn the use of the computer and the student wishing to update their computer skills with the latest Microsoft operating system. Students will learn about basic computing and how to use this Microsoft Page 1 operating system. They will learn about all computer components and how they interact to work with various Microsoft computer programs like Word and Publisher. 16 lesson course. Please sign up at the front desk.

Los Volcanes, Room 1
 Wednesday, September 7, 14, 21, 28, October 5, 12, 19, 26
 9:00 - 11:00 am
 Instructor: Patrick
 \$20

Open Computer Lab

Open to members who wish to practice their skills or access the web. The Lab will be open only if a computer monitor is in the present.

Los Volcanes, Room 1
 Call Center for hours.

Manzano Mesa

Open Computer Lab

Manzano Mesa
 Computer Lab
 Manzano Mesa, Computer Lab
 Tuesday, Thursday
 9:00 am - 12:00 pm
 Wednesday
 1:00 - 3:00 pm

General Computer Questions

Manzano Mesa
 Computer Lab
 1st Saturday, 12:30 - 2:30 pm
 Instructor: Hadaway, Freedman, Bemis, Cardona



Manzano Mesa Computer Classes

Each class needs at least 5 students to apply in order to hold the class. Please fill out an application, in the Computer Lab at Manzano Mesa and you will be notified by phone when the class is scheduled for and the cost of the class.

- Beginners Computer for Windows XP & 7
- Windows 8.1 Differences
- Beginners Windows 8.1
- Internet Level 1
- Microsoft Word 2007 or 2010
- Microsoft Excel 2007 or 2010
- How to use Facebook
- How to use SKYPE
- Email Basics
- Files, folders & flash drives basics
- Digital Camera Basics
- Buy/sell on Craigslist & Ebay
- Individual tutoring by appt.

North Domingo Baca

Getting To Know Your Computer

This is a class designed to get you to have an understanding about your computer.

N. Domingo Baca, Computer Lab
 July 6, 7, 11, 12
 9:45 am - 12:00 pm
 Donation



Microsoft Publisher 1 2010

Learn to create calendars with photo, flyer, business cards, newsletter and more using Microsoft Publisher 2010.

N. Domingo Baca, Computer Lab
 July 20,21,26,27,
 9:45 am - 12:00 pm
 Donation

Windows and Word for Beginners

N. Domingo Baca, Computer Lab
 August 10,11,16,17,
 9:45 am - 12:00 pm
 Donation

Microsoft Word 1 2010

Learn the most used word processing software on the planet, Microsoft Word 2010!

N. Domingo Baca, Computer Lab
 September 7, 8, 12, 13,
 9:45 am -12:00 pm
 Donation

Using Flash Drives

N. Domingo Baca, Computer Lab
 September 15, 16, 19, 20,
 9:45 am - 12:00 pm
 Donation

Word Tables

N. Domingo Baca, Computer Lab
 September 27, 28, 29, 30, 9:45 am - 12:00 pm
 Donation



Windows Word 2

N. Domingo Baca, Computer Lab
 October 5, 6, 11, 12, 9:45 am - 12:00 pm
 Donation

Windows Excel 1

N. Domingo Baca, Computer Lab
 October 19, 20, 24, 25
 9:45 am - 12:00 pm
 Donation

Gmail By Google

N. Domingo Baca, Computer Lab
 November 2, 3, 8, 9
 9:45 am - 12:00 pm
 Donation

Using the Internet

Learn how to access the Internet, shop without compromising your personal information, find reliable government and medical websites.

N. Domingo Baca, Computer Lab
 November 15, 16, 17, 18
 9:45 am - 12:00 pm
 Donation

Windows 2, Managing Files and Folders

This is where the contents of the current folder or library are displayed. A folder is a container you can use to store files in.

N. Domingo Baca, Computer Lab
 December 1, 2, 5, 6
 9:45 am - 12:00 pm
 Donation

North Valley

North Valley, Computer Lab

Open to members who wish to practice their computer skills or access the web.

North Valley, Computer Lab
 Monday - Thursday, 1:00 - 3:00 pm

Computer Basics

Do you want to learn the basics in computers? Mouse, keyboard, computer terms and basic functions? This class will cover PC operating system. A minimum of 4 people per class.



North Valley, Computer Lab
 3rd Friday
 9:00 am - 12:00 pm
 Instructor: Ron
 \$5

Getting To Know Your Tablet or Smart Phone

This is a class designed to get you to have an understanding the basics of your tablet or smart phone. Please bring your own device.

North Valley, Computer Lab
 July 15, 9:00 am - 12:00 pm
 Instructor: Ron
 \$5

Palo Duro

Computer Lab

Open to members who wish to practice their computer skills or access the web.

Palo Duro, Cedar Crest
 Monday, Tuesday, Friday, 1:00 - 3:00 pm
 Thursday, 9:30 - 11:30 am

New Windows 10 Operating System

Handouts provided the class will cover: The Start Menu, Apps, Desktop, Maintenance routines, personalize your computer and introduction to Microsoft Edge.

Palo Duro, Cedar Crest
 Friday, September 9, 16, 23, 30
 Friday, October 7, 14, 21, 28, 10:00 am - 12:30 pm
 Instructor: Mary
 \$35

Take a Day Trip and go catch an Isotopes game!! See page 59



Health & Fitness

Jazzercise

Jazzercise is a dance-based group fitness program. Jazzercise class features a fusion of dance, resistance training, Pilates, yoga, kickboxing, and Latin-style movements set to popular music.

North Domingo Baca, Social Hall
 Tuesday, 4:30 - 5:30 pm
 Wednesday, Thursday 5:40 - 6:40 pm

Meditation Circle

North Domingo Baca
 Friday, 12:00 - 1:00 pm



Manage Your Chronic Disease (MyCD) Program Workshop

If you have (or care for someone with) a chronic health condition such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, or other long-term health condition, this is the workshop for you. Learn from specially trained group leaders with chronic health conditions themselves. Set goals and make a step-by-step plan to improve your health and your life. Put Life Back Into Your Life.

Free 6-week workshop 2 1/2 hour meetings

Manage Your Chronic Disease (MyCD) Program Workshop, Continued

North Domingo Baca
Wednesdays, 1:30 - 4 p.m.
starting July 6

Palo Duro Senior Center
(Located at 5221 Palo Duro NE):
Thursdays from 1:00 - 3:30 pm
July 7 - August 11, 2016
This will be a **Diabetes Self-Management Program**

September 1 - October 6, 2016
This will be a general **Chronic Disease Self-Management**
October 13 - November 17, 2016
This will be a **Diabetes Self-Management Program**
To enroll, please call 880 - 2800.



Still Kickin'

Gentle and therapeutic seated fitness. A class which incorporates yoga, cardio, easy strengthening exercises and meditation. Classes are for everyone and every skill. Join us for the free demo. Sign up at front desk.

Los Volcanes, Social Hall
Tuesday, 1:30 - 2:00 pm

Language

Beginner Arabic

North Domingo Baca
Saturday, beginning August 13
9:00 - 10:00 am
Material Fee

French Level 1

North Domingo Baca
Thursday, July 14 - September 15,
1:00 - 2:30 pm

French II

North Domingo Baca
Thursday, July 14 - September 15,
2:45 - 4:15 pm

French: Advanced

Conversation, reading & writing, students should be able to read, write & speak at advanced level.

Palo Duro, Aspen
Monday, 1:00 - 3:00 pm
Instructor: Temmar,
Himmelstein
\$5 Materials Fee



Italian Workshop

Emphasis is on reading, grammar, conversation and verb conjugation. Acquire the basic tools to get around in Italy, as well as an appreciation of the culture.



Bear Canyon, Room 2
Tuesday, 11:10 am - 1:00 pm
Instructor: Alex

German: Beginning Conversational

Bear Canyon, Room 1
Tuesday, 2:00 - 4:00 pm
Instructor: Simon



Beginners Sign-Language

Learn sign language basics, including the manual alphabet, counting, plus familiar words and phrases. 6 week course.

North Valley, Room 1 & 2
Tuesday, July 12 - August 16, 1:30 - 3:00 pm

North Valley, Room 3
Tuesday, August 30 - October 4,
5:30 - 7:00 pm
Instructor: Pam
\$5 materials fee

Intermediate Sign-Language

This is a secondary course for those who have taken the beginning course.

North Valley, Room 3
Tuesday, August 30 - October 4,
1:30 - 3:00 pm
Instructor: Pam
\$5 materials fee



Lip Reading

Bear Canyon, Room 5
Monday
12:30 - 1:30 pm
Instructor: Jean
\$5



Beginning Conversational Spanish

Suitable for absolute beginners and a good refresher for those who have had Spanish in school—but a lot more fun! Learn essential phrases; how to show good manners in Spanish; and enough to get by in many practical situations. 8 week session.

North Valley, Room 3
Tuesday, October 11 - November 29,
5:00 - 7:00 pm
\$75

Spanish

This on-going class is an intermediate-advanced level. Listening, speaking, reading and writing skills are included. Interested students may visit to determine if class level and content are appropriate for them.

Highland, Room 7
Tuesday, 12:30 - 3:00 pm
Instructor: Shirley



Spanish Workshop, Intermediate and Advance

Spanish Emphasis is on reading, grammar, conversation and verb conjugation.

Bear Canyon, Room 2
Tuesday, 9:00 - 10:50 am
Instructor: Frances

Spanish: Review & Conversation

No registration required.

Bear Canyon, Room 2
Tuesday, 1:10 - 3:00 pm
Instructor: Ken

Spanish: Beginning

This is a beginning Spanish class which will include instruction in listening, speaking, reading and writing skills. Students will be expected to devote at least one hour daily to the practice and completion of homework assignments. Students will be

required to buy two books. **Class size is limited. First class: Friday, June 10, 2016.

Palo Duro, Aspen
Friday, 1:00 - 3:00 pm
Instructor: Belcher

German: Intermediate

Members need to have pronunciation and grammar under control and can write sentences with dependent clauses. This is not a conversation class.

Palo Duro, Aspen
Thursday, 8:45 - 11:30 am
Instructor: Lyons

Religious

Beginning Greek Bible

North Domingo Baca
Thursday,
11:00 am -12:30 pm



Family Centered Prayer Battle

North Domingo Baca
Friday, 6:00 pm -7:30 pm

Manzano Mesa, Room 4
Tuesday, 5:00 - 6:00 pm

Men's Bible Study

North Domingo Baca
Monday,
8:30 - 10:00 am



Dance Class

Balance & Movement for Parkinson's

This class is designed for mostly all levels and focuses on balance and movement while either seated or standing. Slow movements, strength, hand-eye coordination and memory are also incorporated in a fun atmosphere. Caregivers are encouraged to attend and participate also!

Highland, Room 8
Monday, 3:00 - 3:45 pm
Instructor: Mindy
\$5

Dance and Movement for Parkinson's

Join in the musicality, rhythm, expression, inventiveness and sheer physical pleasure of dance. Customized for all abilities.

North Valley, Social Hall South
Thursday, 1st, 3rd 2:00 - 3:00 pm

Dancing with the Bars

It's not what you may think...Dancing with the Bars is a movement exercise form of dancing— to the bars of music. It's a fun way to achieve a fit, toned body, and serene mind. It is user friendly, playful, and easy.

Bear Canyon, Social Hall
Thursday 8:30 - 9:15 am



Line Dancing

A line dance is a choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines or rows without regard for the gender of the individuals, all facing either each other or in the same direction, and executing the steps at the same time.

Line Dancing: Beginning

Highland, Social Hall
Tuesday, 1:30 - 3:00 pm

Los Volcanes, Social Hall
Thursday, 9:00 - 10:00 am
Instructor: Jeanne

Manzano Mesa, Social Hall
Wednesday, 1:30 - 3:00 pm
Instructor: Georgette

North Domingo Baca, Social Hall
Thursday, 1:15 - 2:30 pm
Instructor: Mary

North Valley, Social Hall South
Monday, 1:00 - 2:00 pm
Palo Duro, Mesquite
Monday, 3:15 - 4:30 pm
Saturday, 9:00 - 10:30 am
(New classes starting in September)
Instructor: Mecca

Line Dance: Intermediate

Los Volcanes, Social Hall
Thursday, 10:10 - 11:10 am
Instructor: Jeanne

Manzano Mesa, Social Hall
Wednesday, 3:00 - 4:30 pm
Instructor: Georgette

North Domingo Baca, Social Hall
Tuesday, 5:45-7:30 pm
Instructor: Georgette

Line Dance: Advanced

Palo Duro, Mesquite
Monday, 1:30 - 3:15 pm
Instructor: Madison
Saturday (2nd, 3rd, 4th), 10:30 am - 12:00 pm
Instructor: Hendrix

Line Dance: Starter

Manzano Mesa, Social Hall
Wednesday, 12:15 - 1:15 pm *First time dancers or beginners
Instructor: Georgette

Ballroom Dance Level I: Beginning

Basics of Waltz, Rumba and Swing. Join the fun! Payment due first day of class.

Palo Duro, Mesquite
Wednesday, August 24 - September 28
3:15 - 4:15 pm
\$58 per person
Instructor: Chantal
\$58 per person

Ballroom Dance Level II: Beginning

(Prerequisite: Level I) Continuation of dances covered in level I with intro to other dances. Payment due first day of class.

Palo Duro, Mesquite
Wednesday, October 12 - November 16, 3:15 - 4:15 pm
Instructor: Chantal
\$58 per person

Most activities are FREE with membership unless otherwise indicated.



Dance Classes, con't.**Ballroom Dancing/Latin/Swing**

Come learn the basics moves for ballroom, Latin and swing. Intermediate is a continuation from the beginning class, with intermediate step patterns. Includes patterns & disc.

Manzano Mesa, Social Hall
Saturday, Beginning 10:00 - 11:00 am
Intermediate 11:00 am - 12:00 pm
Instructor: Barbara
\$25

Hula and Hawaiian Culture

Learn Hula dance and experience the rich and beautiful Hawaiian culture.

North Domingo Baca, Aerobics Room
Tuesday, 4:45 - 5:45 pm
Instructor: Cindi
\$5

Line Dancing II: Intermediate

Manzano Mesa, Social Hall
Friday, 1:30 - 3:00 pm
Instructor: Wylene

Line Dancing III: Intermediate

Manzano Mesa, Social Hall
Tuesday, 2:00 - 4:00 pm
Instructor: Clorinda

NM & Latin Dance Class

Receive instruction on New Mexican, Mexican and contemporary Latin dances. ATHLETIC SHOES must be worn to participate.

Joe O. Armijo, Los Volcanes 50+ Sports & Fitness Center, Aerobic Room
Tuesday, 1:30 - 2:30 pm
Instructor: Frances

North Domingo Baca, Aerobics Room
Wednesday, 2:00 - 3:00 pm
Instructor: Frances

North Valley, Social Hall
Monday, 10:00 - 11:00 am
Instructor: Frances

Nia Technique

The Nia Technique draws inspiration from the dance arts, martial arts and healing arts for a cardiovascular, aerobic, fun and challenging workout.

Palo Duro, Aspen
Wednesday, 3:15 - 4:15 pm
\$5 or \$30/5classes/First Class Free

Highland, Room 8
Thursday, 11:15 am - 12:15 pm
\$5

Do you play the accordion?
Join the Accordion Group!
See page 32

**Square Dancing**

Enjoy the timeless tradition of Square Dancing.

Palo Duro, Mesquite
Wednesday, 1:00 - 3:00 pm
Instructor: Carol

Tribal Belly Dance/ Belly Dance Foundations

Get in touch with your inner beauty while getting a good workout. This gentle approach to this ancient art form can be enjoyed by women of all ages, abilities, sizes and shapes.

North Domingo Baca, Aerobics Room
Monday, 2:30 - 3:30 pm
Instructor: Lisa
Friday, 5:00 - 6:00 pm
Instructor: Lisa

Wise Women Belly Dancing

This gentle approach to this ancient art form can be enjoyed by women of all ages, abilities, sizes and shapes.

Manzano Mesa, Social Hall
Thursday, 6:00 - 8:00 pm
Instructor: Amaya
\$10 Drop In or \$35 for 4 Classes

JULY - DEC. 2016**Afternoon Matinee Movie**

Come join us for some complementary popcorn as we gather & watch a weekly featured "Afternoon Matinee Movie".

Highland, Lobby
Friday, 2:00 pm

Birthday Party

Celebrate birthdays every month with cake.

Barelas, Social Hall
3rd Wednesday, 11:30 am - 1:00 pm



Highland, Social Hall
1st Wednesday, 12:15 - 1:15 pm

Los Volcanes, Social Hall
1st Friday, 11:30 am - 12:30 pm

North Valley, Social Hall
3rd Friday, 11:30 am - 12:30 pm

Dance to Live Music at the Centers

Dance to top 40s, Spanish, country western, swing, and oldies. Check the bulletin boards for our monthly listings of bands. \$2.50 per person.

Barelas, Social Hall
Friday, 1:30 - 4:30 pm

Bear Canyon, Social Hall
Thursday, 6:00 - 8:55 pm



Highland, Social Hall
3rd Wednesday, 3:00 - 6:00 pm

Los Volcanes, Social Hall
Thursday, 1:30 - 4:30 pm

North Valley, Social Hall
Sunday, 1:30 - 4:30 pm

Dessert Socials

Join us for a special treat once a month, with a variety of desserts.

Bear Canyon, Social Hall
3rd Friday of each month
1:30 - 2:30 pm

North Valley, Social Hall
3rd Friday of each month
11:30 am - 1:00 pm

Dinner Dances

Spend an elegant evening dining and dancing to live music. Various bands \$7.50 per person.

Barelas

Tuesday, September 27, 4:00 - 7:00 pm
Tuesday, December 20

Los Volcanes, Social Hall

Tuesday, July 26, October 25
4:00 - 7:00 pm

North Valley

Tuesday, August 16, November 15
4:00 - 7:00 pm



Friendship Coffee

Barelas, Lobby

Wednesday, 9:30 - 10:30 am

Bear Canyon, Social Hall

Tuesday, 9:30 - 10:30 am

Highland, Lobby Area

Tuesday, 10:00 - 11:00 am

Los Volcanes, Social Hall

Thursday, 10:00 - 11:00 am

North Valley, Social Hall

Wednesday, 9:00 - 11:00 am

Manzano Mesa, Social Hall

Thursday, 10:00 - 11:00 am

Palo Duro, Cottonwood

Wednesday, 9:15 - 10:15 am

Ice Cream Socials

Banana splits and sundaes are favorites.



Barelas, Lobby

2nd Tuesday
11:30 am - 1:00 pm
.75¢/serving

Los Volcanes, Social Hall

1st Wednesday, 11:30 am - 12:30 pm
.75¢/serving

Palo Duro, Mesquite

4th Wednesday, 11:30 am - 12:30 pm
.75¢/serving



Karaoke

For those of you who sing like Sinatra and those who can barely carry a tune: come and sing your heart out at our Karaoke! Here's your opportunity!

Barelas, Stover

Tuesday, 11:30 am - 1:00 pm
Daniel Sedillo

Los Volcanes, Social Hall

2nd, 4th Thursday, 9:00 - 11:00 am
Daniel Sedillo

North Valley, South Social Hall

1st, 3rd Thursday, 9:00 - 11:00 am

Piano Music

Piano music for your enjoyment.



North Valley, South Social Hall

Thursday, 11:00 am - 12:00 pm

Pie Socials

Enjoy your favorite pies at these socials.



Barelas, Lobby

4th Friday, 11:30 am - 1:00 pm
.75¢/slice

Los Volcanes, Social Hall

3rd Friday, 11:30 am - 12:30 pm

Manzano Mesa, Lobby

4th Friday, 11:30 am - 12:30 pm
.75¢/slice

North Domingo Baca, Social Hall

1st Friday, 11:30 am - 12:30 pm

Special Luncheon

Barelas

Barelas

JULY 2016

El Camino Real Community Garden Tea Party

Join us in our Community Garden for a summer iced tea party. There will be garden-made tea and light refreshments. There will also be music and a prize drawing. Come visit our lovely new community garden in its first year in senior care. The garden is across the street from the Senior Center. Contact Garden Keepers Patrick Turrieta or Ying Zhang for more information.

Barelas, Community Garden

Monday, July 11
1:30 - 3:30 pm

AUGUST 2016

Happy Hour Wednesday

Live every hour like it's happy hour! Join us for some music, refreshing drinks, and tasty treats!



Barelas, Social Hall

Wednesday, August 17
12:30 - 2:30 pm

SEPTEMBER 2016

Barelas 3rd Annual Fall Fiestas

Bienvenidos! Enjoy the history and traditions of Barelas with live entertainment, children's activities, food,

music and dancing in the Hub of Barelas! Fun for the whole family! This year the music will be by the Black Pearl Band.

Barelas, Park

Saturday, September 17
12:00 - 4:00 pm

Cowboy Up and Party Down - Dinner Dance

Grab your boots, chaps, and cowboy hats and mosey on over for food and dancing!

Barelas, Social Hall

Tuesday, September 27
4:00 - 7:00 pm
\$7.50

SEPT. 2016, con't.

El Camino Community Garden Fall Festival



Join us in the El Camino Community Garden for our first Community Garden Fall Festival. There will be light refreshments, music, and prize drawings. Come visit our lovely El Camino Community Garden across the street from the senior center and see the lovely flowers and vegetables that are growing there. Contact Garden Keeper Patrick Turrieta or Ying Zhang for more information.

Barelas, Community Garden
Thursday, September 29
1:30 - 3:00 pm

OCTOBER 2016

Black Cats, Goblins and Bingo... Oh My!

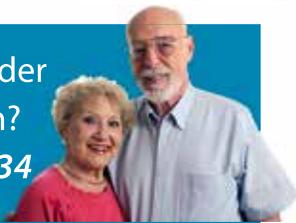
There will be tricks, treats and prizes at this spooky Halloween Bingo! Extra surprises for those who dare to wear a costume!

Barelas, Social Hall
Thursday, October 27
1:15 - 3:30 pm



What is Elder Mediation?

See page 34



Boo!!! Ball

Please join us if you dare for a Halloween scare! So creep, float or crawl on over to our Halloween costume party & dance!

Barelas, Social Hall
Friday, October 28
1:30 - 4:30 pm
\$2.50



NOVEMBER 2016

It's Turkey Time

Please join us for a traditional Thanksgiving Feast! It's that time of the year when we gather with friends so dear!



Barelas, Social Hall
Wednesday, November 23
11:30 am - 1:00 pm
Reservations Required



4th Annual Veterans Memorial Garden Celebration

Join us for our traditional Veterans recognition celebration. This formal event is a wonderful way to honor all our American Veterans who make our freedom a special and cherished custom in these United States of America. Please contact Garden Keeper Patrick Turrieta, Theresa Winter or Ying Zhang for more information.

Barelas, Garden
Thursday, November 10
10:00 - 11:00 am



DECEMBER 2016

Rocking 'Round the Christmas Tree - Holiday Pot Luck & Cake Walk

We will start off with a pot luck lunch! Bring in your favorite dish to share! We will finish off with our 3rd annual "Walking & Rocking around the Christmas Tree" Cake Walk. Try your luck and win a cake! It will be fun for all!

Barelas, Social Hall
Wednesday, December 21
1:30 - 3:30 pm
Sign up required

Twinkle Light - Dinner Dance

We decked the halls and strung the lights, all we need is you to make this holiday bright!

Barelas, Social Hall
Tuesday, December 20
4:00 - 7:00 pm
\$7.50

Let's Party Like It's 2017 New Year's Eve Dance

We're throwing a party, you'll have such a blast as we ring in the New Year and say goodbye to the last!

Barelas, Social Hall
Friday, December 30
1:30 - 4:30 pm
Call Center for Details



What is happening in the Barelas Hub, one of the city's oldest neighborhoods? New and exciting activities are happening between the Barelas Senior Center and the Barelas Community Center. It's an opportunity for children and seniors to come together. Please join us for the following events and activities!

Let's Karaoke

Calling all superstars! Here's a chance to sing your heart out! Dress up like a rock star if you wish! It will be fun

listening, singing, dancing and enjoying some refreshments!

Barelas, Social Hall
Friday, July 8
10:30 am - 12:00 pm

Tortilla Making

Do you remember growing up watching Grandma or Grandpa making tortillas and sharing stories of "the good old days?" Join us for this



fun class. We'll find out who can roll the roundest tortilla and then eat our nice warm tortillas with some melting butter or some green chile!

Barelas, Community Center
Friday, July 22
9:30 - 11:00 am

Barelas 3rd Annual Fall Fiestas

Bienvenidos! Enjoy the history and traditions of Barelas with live entertainment, children's activities, food, music and dancing to the Black Pearl band, informational booths right in the Hub of Barelas! Fun for the whole family!



Barelas, Park
Saturday, September 17
12:00 - 4:00 pm

Holiday Ornament Making

We will have an ornament making class using ceramics pieces. Get into the holiday spirit by creating your own special Christmas ornament.

Barelas Senior Center, Santa Fe Room
Tuesday, December 20
9:30 - 10:30 am



Bear Canyon

JULY - DEC. 2016



Blue Cross Blue Shield Care Van

The Blue Cross Blue Shield Care Van will conduct FREE health screenings: Glucose, Blood Pressure, BMI, and Cholesterol etc. No appointments necessary.

Bear Canyon, Parking Lot
11:00 am - 12:00 pm
Friday, July 1
Monday, August 8
Friday, September 2
Monday, October 10
Friday, November 4
Friday, December 2

SEPTEMBER 2016

Adobe Theater Presents- Love, Loss and What I Wore

By Nora Ephron and Delia Ephron, based on a book by Ilene Beckerman A play of monologues and ensemble pieces about women, clothes and memory covering all the important subjects; mothers, prom dresses, mothers, buying bras, mothers, hating purses and why we only wear black. While performed by and about

women this play will also provoke memories and feelings in any man who is willing to open his heart.

Bear Canyon, Social Hall
Saturday, September 10
Free Event 11:00 am - 1:00 pm
Presented by Adobe Theater

Wild, Wild West Luncheon

Saddle Up! Put your boots on and mosey on over to Bear Canyon for a Rootin' Tootin' good time!

Bear Canyon, Social Hall
Friday, September 23
\$4.00 Reservations Required
Serving Lunch from
11:30 am - 12:00 pm

OCTOBER 2016

Monster Mash

Eat Drink and be Scary, wear a costume if you dare!

Bear Canyon, Social Hall
Friday, October 28
\$4.00 Reservations Required
Serving Lunch from
11:30 am - 12:00 pm



NOVEMBER 2016

Oso Canyon Art Fest

The 26th Annual Oso Canyon Art Fest is the place to be. This arts and crafts event features one-of-a-kind creations by talented local artists and crafters

and it is the ideal place to find the perfect holiday gift. Refreshments will also be available for purchase. Tables rent for \$40 and go on sale September 12, 2016.

Bear Canyon
Saturday, November 5
9:00 am - 3:00 pm

Harvest Luncheon

Let us be thankful together. Join us for Bear Canyon's annual Harvest Luncheon.

Bear Canyon, Social Hall
Friday, November 18
\$4.00 Reservations Required
Serving Lunch from
11:30 am - 12:00 pm

Tree Trimming

Join us as we decorate for the holiday season. Warm up with some hot chocolate, hot apple cider and holiday cookies.



Bear Canyon, Social Hall
Friday, December 2
11:00 am - 12:00 pm
Health Promotion Events

Holiday Luncheon

Celebrate the season with your friends at Bear Canyon for our annual Holiday Luncheon.

Bear Canyon, Social Hall
Friday, December 16
\$4.00 Reservations Required
Serving Lunch from
11:30 am - 12:00 pm

Highland

JULY 2016

Highland Summer Time Ice Cream Social

Come join Highland Senior Center and get out of the summer time heat for a good ol' fun filled time Ice Cream Social.

Highland, Social Hall
Thursday, July 28
11:30 am - 1:00 pm
\$2 Ticket Required



AUGUST 2016



Sizzlin' Summer Luncheon

Throw on your summer attire and get out of the hot sun to enjoy a summer luncheon complete with entertainment.

Highland, Social Hall
Thursday, August 25
Serving from 11:30 am - 12:00 pm
\$4 Ticket Required

SEPTEMBER 2016

Highland Swing Luncheon

Put on your saddle shoes and poodle skirts. Or come dressed like "Fonzy" from Happy Days and join us for the Highland Swing Luncheon while we rock-n-roll to the oldies! Or rather, where the oldies will rock-n-roll! Live-ly entertainment from the 50's & 60's and enjoy a great lunch that will make you think that you have returned to your favorite diner.

Highland, Social Hall
Thursday, September 29
Serving from 11:30 am - 12:00 pm
\$4 Ticket Required

OCTOBER 2016

Annual Halloween Luncheon

Join all the ghosts and goblins that come out for the annual Halloween Luncheon, costume contest and cake walk.

Highland, Social Hall
Thursday, October 27
Serving from 11:30 am - 12:00 pm
\$4 Ticket Required

NOVEMBER 2016

Thanksgiving Meal

Join us for our Annual Thanksgiving meal complete with all the traditional trimmings.



Highland, Social Hall
Wednesday, November 23
Serving from 11:30 am - 1:00 pm
\$3.25 Reservation Required

DECEMBER 2016

Holiday Luncheon

Come join us for a festive holiday Luncheon and bring your Christmas spirit as we carol and enjoy a delicious holiday meal with all the seasonal fixings.

Highland, Social Hall
Thursday, December 15
Serving from 11:30 am - 12:00 pm
\$4 Ticket Required



JULY 2016

Uncle Sam's - The Red, White and Blue BBQ Bash

Do your reds, whites, and blues and enter our patriotic parade! Think apple pie, music, and contests for the "most spirited."

Los Volcanes, Patio
Wednesday, July 6
10:30 am - 12:30 pm

How Do You Like Your Dog?!

Come celebrates one of America's favorite summer sandwiches. It is only fitting that this dog gets its day. It's summertime. Hot dogs are center stage and on the grill at Los Volcanes. Enjoy National Hot Dog Day to the fullest. Have a couple



Los Volcanes

of hot dogs for lunch. What's in a hot dog? Don't ask, and we won't tell. Sometimes, its best if you don't know. Happy National Hot Dog Day!

Los Volcanes, Patio
Friday, July 22
11:30 am - 12:45 pm

Watermelon Summer Bash

Sweet and tasty watermelons! Its standard for picnics but here at Los Volcanes it is "Just Because"

Los Volcanes, Social Hall
Wednesday, August 3
11:00 am - 1:30 pm



AUGUST 2016

Patio Party: Los Volcanes is having BBQ on the Patio

Let's have a picnic together, food, fun and entertainment.

Los Volcanes, Patio
Thursday, August 4
11:00 am - 12:30 pm

Los Volcanes Annual Golden Ager Shindig

We are recognizing and showing appreciation for the value and contribution of senior population. In his Presidential Proclamation (August 19, 1988), President Ronald Reagan said "For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can

best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older."

Los Volcanes, Social Hall
Friday, August 19
10:00 am - 12:30 pm

SEPTEMBER 2016



Chile Roasting Shindig

HOT CHILE! MEDIUM CHILE! MILD CHILE! DELICIOUS CHILE! Members bring a dozen tortillas and a dessert. Los Volcanes will provide chips, salsa, guacamole and bologna. Come join in and make new friends, good conversation. Lots of fun!

Los Volcanes, Patio
Wednesday, September 7
11:00 am - 1:30 pm

End of Summer BBQ

Join us for an end of summer blow-out! As we say goodbye to summer and prepare for fall we will enjoy a traditional BBQ luncheon.

Los Volcanes, Patio
Friday, September 23
11:00 am - 12:45 pm
\$4.00 Reservations required

JULY 2016

Manzano Mesa's Annual Red, White and Blue Bash!

Don your reds, whites, and blues and enter our patriotic parade! Think apple pie, music, and contests for the "most spirited."

Manzano Mesa
Friday, July 1
10:30 am - 12:30 pm
Reservations Required



AUGUST 2016

End of Summer Beach Party Special Luncheon

School is back in session and the

OCTOBER 2016

Los Volcanes Teacher/Instructor Appreciation Day Potluck

Los Volcanes Teachers/Instructors deserve a little recognition, and some thanks and appreciation. Aside for all that they do, who else has as much influence on our hearts and minds...? All members at Los Volcanes are encouraged to offer thanks and recognition today. A simple "thanks", or a card is sufficient. If you are a teacher, Happy World Teacher Day! Sign up to bring your favorite dish.

Los Volcanes, Social Hall
Wednesday, October 5
10:00 am - 12:00 pm

Spooktacular Annual Ball

You are invited to our FANGtastic Party! Eat drink and be SCARY!

Los Volcanes, Social Hall
Thursday, October 27
1:30 - 3:00 pm

NOVEMBER 2016

Veterans Appreciation Entertainment

Lunch entertainment in honor of our Veterans who gave so much.



Manzano Mesa

summer is coming to an end. Let's celebrate with one last hurrah!

Manzano Mesa, Social Hall
Friday, August 12
11:30 am - 1:00 pm
Reservations Required



SEPTEMBER 2016

An afternoon in Casablanca Special Luncheon

Whisk yourself away to the world of Casablanca for an afternoon of glamour and entertainment. We will follow up the luncheon by viewing Casablanca on our 12' screen.

Los Volcanes, Social Hall
Monday, November 7
10:30 - 11:30 am
Refreshments will be served.

DECEMBER 2016

Tree Trimming

Join us as we decorate for the holiday season. Warm up with some hot chocolate, hot apple cider and holiday cookies, entertainment by Ray Lucero.

Los Volcanes, Lobby
Thursday, December 1
10:00 am - 12:00 pm

Holiday Party

Entertainment and games will be part of the fun! Food, Desserts and Drinks will be served. Bring a dish if you would like. Sign up at front desk.

Los Volcanes, Social Hall
Wednesday, December 14
10:00 am - 12:00 pm



Manzano Mesa, Social Hall
Friday, September 16
11:30 am - 1:00 pm
Reservations Required

OCTOBER 2016

Annual Family Fall CarnEvil and Pet Parade!

Inviting all the ghouls and goblins in the land for an afternoon of spooktacular games, food, climbing wall, a haunted house and craft fair! Bring yourself and your furry friends in costume for a pet parade to see who is the scariest of them



**Manzano Mesa
October Events, continued**

all. Hope to see you all there, in the meantime happy hauntings!

Manzano Mesa
Saturday, October 22
10:00 am - 2:00 pm
Free

NOVEMBER 2016

"Frozen" Movie Night

Come chill with us for an evening and watch the feature film Frozen! Come dressed as your favorite princess or character!



Manzano Mesa, Social Hall
Friday, November 18
5:30 - 8:00 pm
Free



A 'Woodland' Thanksgiving Special Luncheon

It is the season to celebrate friends and family. Come join your Manzano family for a thanksgiving meal with all the fixings and a woodland twist.

Manzano Mesa, Social Hall
Wednesday, November 23
11:30 am - 1:00 pm
Reservations Required

DECEMBER 2016

Tree Trimming Party

Christmas is nearing! Get in the holiday spirit and help us decorate. Hot chocolate, holiday goodies and caroling will be abound!

Manzano Mesa, Lobby
Thursday, December 1
10:30 am - 12:00 pm

All Aboard...The Polar Express

The polar express is rolling back into town for a journey to the North Pole! We will sip cocoa, take photos with Santa, and watch the feature film. Don't forget to wear your P.J.'s!



Manzano Mesa
Friday, December 9
5:00 pm - 8:30 pm
Free

Glitter and Snow Christmas Day Luncheon

Add a little sparkle to your Christmas day and join us for live entertainment and traditional holiday fare.

Manzano Mesa
Sunday, December 25
11:30 am - 1:00 pm
Reservations Required
\$4



North Domingo Baca

JULY 2016

Live Music on the Patio

Come join us for a nice relaxing end to the work week, with various music on the patio.

North Domingo Baca, Social Hall/Patio
Friday, July 29
6:00 - 8:00 pm



AUGUST 2016

Summer Olympics 2016 from Rio

Come support the USA as they compete against the world. We will also have our own "Mini" Olympics here that night as well.

North Domingo Baca, Social Hall
Friday, August 19
11:00 am - 1:00 pm



SEPTEMBER 2016



Chile Harvest Fiesta

Celebrate New Mexico's Chile Harvest at a roasting and recipe sharing event in New Mexican Tradition. Green Chile with homemade tortilla samples.

North Domingo Baca, Social Hall
Friday, September 16
9:00 - 11:30 am

Salsa Night

Salsa the night away here at North Domingo Baca. Enjoy the musical sounds of the Mariachi.

North Domingo Baca, Social Hall
Friday, September 16
6:00 - 8:00 pm
\$4.00

OCTOBER 2016



Special Shapes Rodeo Breakfast

The coveted views on our west end balcony will be available at our annual special shapes breakfast. We will have hot coffee and breakfast burritos.

North Domingo Baca, Social Hall
Friday, October 7
7:00 - 9:00 am

Oktoberfest

Join us as we indulge in the German custom of Oktoberfest. We will introduce you to their culture and food and more.

North Domingo Baca, Social Hall
Friday, October 21
11:00 am - 1:00 pm

NOVEMBER 2016

Monday Night Football

Cheer on your favorite NFL team as we relax with the game on the big screen. Teams TBA.

North Domingo Baca,
Social Hall
Monday,
November 14
6:00 - 8:00 pm



DECEMBER 2016

Holiday Party

Come listen to so holiday music and make ornaments and enjoy the company of others. Cider, hot chocolate and snacks.

North Domingo Baca, Social Hall
Friday, December 16
6:00 – 8:00 pm

North Valley



FIND A CENTER NEAR YOU!
See Pages 3 - 5

JULY 2016

Hawaiian Luau

Wear a bright shirt, a grass skirt or lei. We're going to celebrate the tropical way! It's a luau party!

North Valley, Social Hall
Tuesday, July 19
10:00 am - 12:30 pm



AUGUST 2016

Ice Cream Meet and Mingle Social

Come and enjoy a delicious ice cream while you meet and mingle with friends. Entertainment for your enjoyment.

North Valley, Social Hall
Friday, August 19
10:30 am - 12:30 pm

SEPTEMBER 2016



End of the Summer Bash

Come and enjoy this event as we bring the summer to a close and leap into the fall season. We will end the summer with a big bash!

North Valley, Social Hall
Friday, September 23
10:00 am - 12:30 pm

OCTOBER 2016

4th Annual Pet Parade

Pet owners and their four-legged companions will have a chance to dress up and strut their stuff at our annual Halloween party. Bring your friendly pet in a costume. Entertainment and snacks will be provided.

North Valley, Social Hall
Friday, October 21
10:00 am - 12:00 pm

NOVEMBER 2016

Veteran's Day

On this special day we will honor all the brave men and women that have and are still serving our country. Valley High School ROTC, music, refreshments will be part of this event. Please bring a picture of yourself and a short brurb of your service the week before.

North Valley, Social Hall
Monday, November 7
10:30 - 11:30 am

Thanksgiving Day Luncheon

Join us for a traditional Thanksgiving meal and entertainment.

North Valley, Social Hall
Thursday, November 24
11:00 am - 1:00 pm
\$4

DECEMBER 2016

Annual Holiday Arts & Crafts Fair

Come shop for the holidays. Enjoy all types of homemade arts and crafts. Woodworking, bead work, paintings, jewelry and much more. Crafters- Be sure to sign up early as tables will sell out quickly.

North Valley, Social Hall
Friday, December 2
9:00 am - 2:00 pm

Tree Trimming

Bring or donate a special ornament to put on the North Valley Christmas tree. Hot cider and biscochitos will be served during this event.

North Valley, Social Hall
Thursday, December 8
9:30 - 10:30 am

Holiday Pot Luck & Ornament Exchange

Join us for our annual pot luck. Bring a dish and an ornament if you want to participate. Entertainment and special prizes will be part of this fun event.

North Valley, Social Hall
Thursday, December 22
10:30 am - 12:00 pm

How about joining your friends for a fun trip?! Bring a friend or come meet new ones!! See Pages 57 - 71

Ojo Caliente

Bonanza Creek Ranch

El Morro

Ghost Tour

Tent Rocks National Monument

Palo Duro

JULY 2016

Red, White and Blue Pie A la Mode

Wear your red, white and blue, as we will celebrate America's birthday with some pie and ice cream!

Palo Duro, Mesquite
Friday, July 1
12:30 - 1:30 pm

AUGUST 2016

National Watermelon Day!

Fresh fruit is a nice treat on a warm summer day. Join us for watermelon slices and entertainment.

Palo Duro, Mesquite
Wednesday, August 3
12:00 - 1:00 pm

SEPTEMBER 2016

Fabulous 50's Luncheon

Let's take it back to the good old days with poodle skirts, bobby socks and rock & roll! Time to party with a 50's kind of flair! We'll start with lunch and end with a sock hop!



Palo Duro
Thursday, September 15
Lunch served at 11:30 am
\$4 Reservations Required

OCTOBER 2016

Haunted Pumpkin Patch Luncheon

Join us for a very scary luncheon! Eat, drink and wear your costume if you dare!

Palo Duro, Mesquite
Thursday, October 20
Lunch served at 11:30 am
\$4 Reservations Required



NOVEMBER 2016

Time to Give Thanks Luncheon

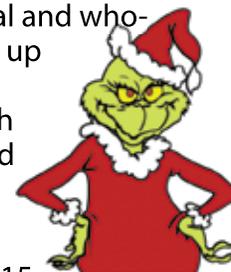
It's Turkey time! Let's take time to enjoy a traditional Thanksgiving meal and Entertainment with great friends.

Palo Duro, Mesquite
Thursday, November 17
Lunch served at 11:30 am
\$4 Reservations Required

DECEMBER 2016

Grinch Stole Christmas Luncheon

Oh no! The Grinch Stole Christmas! Every who at Palo Duro will have to join us for a who-meal and who-entertainment. Dress up for a who-good time! Something the Grinch won't be able to stand in the least.



Palo Duro, Mesquite
Thursday, December 15
Lunch served at 11:30 am
\$4 Reservations Required



Bingo

Bingo with cash and prize giveaways, raffle drawings and refreshments.

Barelas, Social Hall
Tuesday, 1:15 - 3:45 pm

Bear Canyon, Social Hall
Wednesday, 1:30 - 4:00 pm

Highland, Social Hall
Monday, 1:15 - 3:30 pm

North Valley, Social Hall
Wednesday, 1:30 - 4:00 pm
1st Thursday (FGP), 1:30 - 4:00 pm

Los Volcanes, Social Hall
Friday, 1:30 - 4:00 pm

Palo Duro, Mesquite
Tuesday, 1:15 - 4:00 pm

Manzano Mesa, Social Hall
Thursday, 1:30 - 4:00 pm

Billiards

Visit and meet with friends. A variety of games are played at each center. Donation requested.

Barelas, Billiards Room
Monday - Friday, 8:00 am - 5:00 pm

Bear Canyon, Pool Room
Monday - Friday 9:00 am - 4:45 pm
Saturday, 9:00 am - 2:45 pm

Highland, Billiards Room
Monday - Friday, 8:00 am - 5:00 pm
Saturday, 10:00 am - 4:00 pm

Los Volcanes, Billiards
Monday - Friday, 8:00 am - 5:00 pm
Thursday, 8:00 am - 7:00 pm
Saturday, 9:00 am - 1:00 pm

Manzano Mesa, Game Room
Monday - Friday, 8:00 am - 8:50 pm
Saturday, 9:00 am - 2:50 pm

Palo Duro
Monday - Friday, 8:00 am - 5:00 pm
Saturday, 9:00 am - 1:00 pm

North Valley, Billiards Room
Mon, Wed, Thur, Fri
8:00 am - 5:00 pm
Tuesday, 8:00 am - 7:00 pm
Sunday, 12:30 - 5:00 pm



Board Games and Puzzles

Play board games, cards, checkers, chess or Loteria (Spanish Bingo), or put together a jigsaw puzzle. Games available to be checked out at front desk.



Barelas, Lobby
Monday-Friday, 8:00 am - 5:00 pm

Los Volcanes, Lobby
Monday-Friday, 8:00 am - 5:00 pm
Thursday, 8:00 am - 7:00 pm
Saturday, 9:00 am - 12:45 pm

Manzano Mesa, Sitting Area
Monday-Friday, 8:00 am - 8:50 pm
Saturday, 9:00 am - 2:50 pm

North Valley, Lobby
Monday-Friday, 8:00 am - 5:00 pm
Sunday, Lobby, 12:30 pm - 5:00 pm



Bridge

Manzano Mesa, Sitting Room
1st, 3rd Friday, 10:00 am - 2:30 pm

Bridge, Duplicate

Players are invited to participate in this non-sanctioned game. Pre-arrange your partners before the game or call 881-9725 to locate a possible partner.

Palo Duro, Cottonwood
Monday, 12:15 - 4:00 pm
Friday, 12:15 - 4:00 pm

Bridge, Senior Men's

Palo Duro, Half Mesquite
1st Thursday, 12:30 - 4:00 pm

Bridge, Party

Offered throughout the week, most games require you to have your own foursome.

Los Volcanes, Room 10
Friday, 12:30 - 3:30 pm

Bridge Walk In

Bear Canyon, Room 3
Wednesday, 12:30 - 3:30 pm
Thursday, 8:30 - 11:30 am

Bridge, Practice

Palo Duro, Aspen
Wednesday, 12:30 - 2:45 pm

Canasta

North Domingo Baca, Room 10
Saturday, 11:30 am - 2:45 pm

Canasta Hand & Foot

Bear Canyon, Room 4
Monday 12:00 - 4:30 pm
Thursday, 12:30 - 4:30 pm
Saturday, Room 1
9:00 am - 1:30 pm

Hearts/Spades

North Domingo Baca, Room 10
Tuesday, 9:00 am - 12:00 pm



Chess for Fun

Learn the basics, or the moves of the masters. All levels welcome.

Bear Canyon, Room 2
Monday, 11:30 am - 2:30 pm
Wednesday, 1:30 - 4:30 pm
Friday, 12:15 - 4:00 pm Room 3

Highland, Room 3
Wednesday's, 1:00 - 3:00 pm

Los Volcanes, Lobby
Saturday, 9:00 am - 12:00 pm

Manzano Mesa, Room 3
Friday, 6:00 pm - 8:00 pm

Cribbage

Bear Canyon, Room 4
Thursday 9:30 - 11:30 am
Monday, Lobby
9:00 am - 12:00 pm

Euchre

A trick-taking card game most commonly played with four people in two partnerships with a deck of 24 standard playing cards.

Los Volcanes, Room 1
Tuesday, 12:30 - 4:30 pm

Mah Jongg

This game is played with 144 tiles that are drawn and discarded until a player gets a winning hand.

Bear Canyon, Room 4
Monday, 12:15 - 4:30 pm
Los Volcanes, Room 10
Thursday, 12:00 - 4:15 pm



Mexican Train

Is a game played with dominoes. The object of the game is for a player to play all the dominoes from his or her hand onto one or more chains, or "trains", emanating from a central hub or "station".



Highland, Room 5
Monday, Wednesday,
12:30 - 4:00 pm
Los Volcanes, Room 10
Tuesday, 12:00 - 3:00 pm

Game Time!

Come play a new game or an old favorite such as Scrabble, Uno, Apples to Apples, Rummy-O, Parcheesi, Backgammon or bring one of your own!

Palo Duro, Aspen
Wednesday, 12:00 - 4:15 pm

Pinochle

Bear Canyon, Room 4
Tuesday, 12:30 - 4:45 pm

Bear Canyon, Lobby
Tuesday, 9:30 - 11:30 am

Highland, Room 3
Tuesday, Thursday, 12:00 - 4:00 pm

Los Volcanes, Lobby
Wednesday, 12:30 - 4:00 pm

Manzano Mesa, Room 4
Wednesday, 1:00 - 4:00 pm

Poker

Bear Canyon, Billard/Poker
Monday, Wednesday Friday,
12:00 - 3:30 pm

Los Volcanes, Room 9
Monday-Friday, 12:30 - 4:30 pm

North Valley, Library
Monday-Friday, 12:00 - 4:00 pm

Rummikub

Los Volcanes, Lobby]
Monday, 12:00 - 3:30 pm

Shanghai Rummy

Bear Canyon, Room 1
Thursday, 12:30 - 4:00 pm
Tuesday, Lobby
12:00 - 4:00 pm



Board Games & Puzzles · Bridge · Canasta · Chess
Cribbage · Euchre · Mah Jongg · Mexican Train
Game Time · Pinochle · Poker · Rummikub · Shanghai Rummy

Games & Cards

Acting



Rio Grande Players

This group welcomes seniors with an interest in theatre, no experience needed. Participate on and off stage.

Palo Duro, Room Aspen
Tuesday, 2:15 - 4:30 pm

Highland Readers Theater

Starting each September we start to rehearse for adult plays; new people are encouraged to join in the month of April when the group is starting to rehearse for children's plays. No audition required and everyone is welcome.

Highland, Room 7
Tuesday, 3:00 - 5:00 pm

Arts and Crafts

A Gathering of Artists

Also known as "Artist Series" started by Ralph Lewis this group of artist will present and gently critique art pieces in any medium. Artists of all levels are welcome.

Highland, Room 8
Monday, 9:30 - 11:30 am

Off Beat Artists

We are a group of self-directed artists who work primarily in drawing and painting mediums. The objective of our group is to work and share our creative experiences in an atmosphere of camaraderie. There are no instructions provided, but we share gentle critiques with one another if requested. Participants provide their own materials and work at their own pace.

Barelas, Lead/Coal
Monday, 11:00 am - 3:30 pm

Origami Club

Origami is the Japanese word for paper folding; from ori meaning "folding", and kami meaning "paper" is the art of paper folding, which is often associated with Japanese culture. In modern usage, the word "origami" is used as an inclusive term for all folding practices, regardless of their culture of origin.



North Valley, Library
1st Sunday, 1:00 - 3:30 pm

Applique East Quilters

North Domingo Baca, Room 3
4th Tuesday, 9:45 am - 12:00 pm

Embroider's Guild of America (Sandia Mtn. Chapter)

North Domingo Baca, Room 4
2nd Tuesday, 8:00 am - 1:30 pm

Embroider's Guild Beading

North Domingo Baca, Room 6
4th Tuesday, 10:00 am - 12:00 pm

Knitting Guild

North Domingo Baca, Room 4
1st Saturday, 12:00 - 2:00 pm

Quilting Cluster

North Domingo Baca, Room 6
Friday, 10:00 am - 4:00 pm

NM Polymer Clay

North Domingo Baca, Community Room
2nd Saturday, 12:00 - 3:00 pm

Automobile/Trains/RV



Corvair Club Meeting

Highland, Room 3
3rd Wednesday, 5:00 - 6:00 pm

Corvairs of New Mexico

North Domingo Baca, Community Room
1st Wednesday, 7:00 - 8:30 pm

Modular Railroad

Manzano Mesa, Room 3
3rd Saturday, 12:15 - 3:00 pm

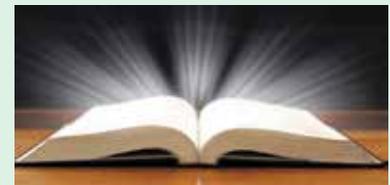
New Mexico Corvette Associate

North Domingo Baca, Room 6
3rd Friday, 6:30 - 7:30 pm



Rio Grande Division 6 Railroad

North Domingo Baca, Room 4
2nd Saturday, 12:00 - 3:00 pm



Bible Study

Bible Study

Explore ways to relate unchanging truths to life today. Open to all ages, faiths, and interest—sit in for any or all studies. Scripture portions are printed out for participants.

Los Volcanes, Room 2
Tuesday, 9:30 - 11:00 am

Manzano Mesa, Room 5
Thursday, 10:00 - 11:00 am

North Domingo Baca, Community Room
Wednesday, 9:00 - 10:00 am

Bible Study Beginning Greek

North Domingo Baca, Room 7
Thursday, 11:00 am - 12:30 pm

Community Bible Study

North Domingo Baca, Room 1
Wednesday, 6:30 - 8:30 pm

Women's Bible Discussion

Manzano Mesa, Room 5
Tuesday, 10:30 am - 12:30 pm

Book and Discussion

Albuquerque Cyberscribes Writing Group

North Domingo Baca, Room 6
Monday, 6:30 - 8:45 pm

Albuquerque Exploring Faith

North Domingo Baca, Room 3
2nd, 4th Monday, 6:30 - 8:30 pm

Albuquerque Philosophy Group

North Domingo Baca, Room 6
3rd Tuesday, 6:00 - 8:30 pm

Book Club Discussion Group

North Domingo Baca, Room 1
4th Friday, 1:30 - 3:00 pm

Inquiring Minds

All members take turns researching topics and present them to the class for discussion and further study if desired.

Bear Canyon, Room 2
Monday, 10:00 - 11:00 am

Laughter Group

North Domingo Baca, Community Room
Wednesday, 10:15 - 11:00 am

Land of Enchantment Romance Authors

North Domingo Baca, Room 4
2nd Saturday, 11:30 am - 2:45 pm

Lovely Spousal Unit

North Domingo Baca, Room 6
2nd Friday, 6:00 - 8:45 pm

Mah Jongg

North Domingo Baca, Room 10
Friday, 12:00 - 4:00 pm

Meeting of the Mind

North Domingo Baca, Room 7
4th Tuesday, 6:45 - 8:45 pm

Mystery Book Club

All the books that we read are available at the public library. Everyone is welcome so please join us!



Palo Duro, Ponderosa
2nd Tuesday, 1:30 - 2:30 pm

Mystery Mavens Book Club

North Domingo Baca, Room 3
2nd Wednesday, 7:00 - 8:00 pm

NM State Poetry Society (Albuquerque Chapter)

North Domingo Baca, Room 1
2nd Saturday, 12:30 - 2:30 pm

Novel Book Club

Highland, Room 8
2nd Saturday, 2:30 - 4:00 pm

Open Topic Discussion Group

Discuss ideas, values and problems of the times. Occasionally, guest speakers are invited.

Palo Duro, Aspen
Thursday, 1:00 - 3:00 pm



Philosophy Discussion

North Domingo Baca, Community Room
1st Monday, 7:00 - 8:45 pm

Poetry Critique Group

North Domingo Baca, Room 3
Wednesday, 10:00 am - 12:00 pm

Romance Readers Book Club

North Domingo Baca, Room 3
1st Tuesday, 6:30 - 7:30 pm

Society of Children's Book Writers and Illustrators (SCBWI)

North Domingo Baca, Room 6
2nd Tuesday, 7:00 - 8:30 pm

Toastmaster Free Thinkers

Manzano Mesa, Room 4
1st, 3rd Thursday, 5:30 - 6:30 pm



Toastmasters Kirkland

Manzano Mesa, Room 5
Friday, 12:00 - 1:15 pm



Women Veterans/Family Writing Salon

North Domingo Baca, Class 3
3rd Saturday, 1:00 - 2:45 pm

Word Wrights Writing Class

North Domingo Baca, Room 1
Monday, 1:30 - 3:30 pm

Writing Group

North Domingo Baca, Room 6
Wednesday (Bi-Weekly), 2:30 - 4:45 pm

Community Groups

Albuquerque Roadrunners Club

North Domingo Baca, Room 4
1st Wednesday, 7:00 - 8:00 pm

APS Transition Services

North Domingo Baca, Room 3
Tuesday, 8:00 - 11:00 am

Bead Society of NM General Meeting

North Domingo Baca, Room 5
4th Monday (Except for July and December), 6:30 - 8:30 pm

Canasta 60+ Singles Meet Up

North Domingo Baca, Room 4
Monday, 6:30 - 8:30 pm

Chaplain Monthly Meeting

North Domingo Baca, Room 6
1st Thursday, 6:00 - 8:00 pm

Chinese American Speaker Series

North Domingo Baca, Room 4
4th Saturday, 10:00 am - 12:00 pm

Colonial Park Association

Palo Duro, Piñon
July 20, Wednesday,
September 21 & November 16
5:45 - 6:30 pm

District 4 Coalition

North Domingo Baca, Room 4
3rd Wednesday, 7:00 - 8:45 pm



Enchanted Lens Camera Club

North Domingo Baca, Room 3
4th Tuesday, 6:30 - 8:30 pm

Global Trading Institute

North Domingo Baca, Room 6
2nd Thursday, 5:00 - 8:00 pm

Grey Panthers

Grey Panthers brings together young, old, women, men persons of all ethnic, racial and economic backgrounds for the promotion of social and economic justice. The Albuquerque chapter is part of the National organization.

Highland, Room 7
4th Saturday, 11:30 am - 3:30 pm

Home School Chess Club

North Domingo Baca, Room 7
Tuesday, 1:30 - 4:00 pm

Invisible Stitches Support Group

North Domingo Baca, Room 7
1st, 3rd Monday, 12:00 - 3:00 pm

Italian Club

North Domingo Baca, Community Room
1st Thursday, 6:30 - 8:30 pm

Japanese Play Group

North Domingo Baca, Room 6
Bi-Weekly, 11:30 am - 3:00 pm

Kiwanis Club of Coronado

North Domingo Baca, Room 3
3rd Tuesday, 5:15 - 7:30 pm

LGBT MEETINGS

This is a time to get together and share about what's happening in our lives and our community. Plus we will discuss ideas on how we can make things better for LGBT older adults and all the members of our community.

Highland, Room 7
2nd Thursday, 2:00 - 4:00 pm

Near North Valley Neighborhood Association

North Valley, Social Hall
Time and Dates TBA

New Mexico Medical Cannibas

North Domingo Baca, Room 5
3rd Tuesday, 6:30 - 8:30 pm

Noreste Neighborhood Association

North Domingo Baca, Room 7
1st Tuesday, September, October & November

Northeast Area Community Policing Council

North Domingo Baca, Room 5
2nd Tuesday, 6:00 - 8:30 pm



Retired Public Employees Association Chapter #096

Los Volcanes, Room 2
Friday (Quarterly), 1:00 - 3:00 pm

Russian Language Group

North Domingo Baca, Room 10
Saturday, 9:00 - 10:15 am

Valle Del Canto Home-Owner's Association

Los Volcanes, Room 2
1st Thursday, 5:30 - 6:30 pm

Vineyard Estates Neighborhood Association

North Domingo Baca, Room 6
4th Thursday, 7:00 - 8:15 pm

Words of Peace Global Presentation

North Domingo Baca, Room 1
3rd Saturday, 12:00 - 2:30 pm

Xi Delta Sorority

North Domingo Baca, Room 10
3rd Tuesday, 7:00 - 8:45 pm

Family

Genealogy

Learn to research your family history using internet sources, including tools and references on how to get started. No registration required.

Bear Canyon, Room 4
3rd Friday, 12:30 - 2:30 pm

Reclaiming Families

Manzano Mesa, Room 5
Tuesday, 6:00 - 9:00 pm

Music

Accordion Group

Group open to accordion players of any level.

Bear Canyon, Room 3
2nd, 4th Thursday, 7:00 - 9:00 pm

Palo Duro, Aspen
Friday, 9:00 am - 12:00 pm

Palo Duro, Aspen
3rd Saturday, 10:00 am - 12:00 pm

Alb. Recorder Orchestra

Palo Duro, Piñon
Saturday's, 10:00 - 11:30 am

Bear Tones

This is a four part (soprano, alto, tenor, and bass) singing group. Ability to read music is a plus.

Bear Canyon, Room 1
Thursday, 10:00 am - 12:00 pm

Choralaires

No musical training is required. Group also performs at community venues.

Palo Duro, Cottonwood
Monday, 9:00 - 11:00 am

Guitar Group

For those who can play guitar. Also, other instruments are welcome. You need your own instrument and music stand. We welcome musicians, amateurs and professionals.

Bear Canyon, Room 1
Wednesday, 9:00 - 11:00 am

North Valley, South Social Hall
Tuesday, Friday
10:15 am - 12:00 pm

Highland Harmonizers

Highland, Room 7
Wednesday, 10:00 am - 12:00 pm

Hi-Toners

Highland, Room 7
1st, 2nd, 3rd Friday,
10:30 am - 12:00 pm

Jug Band Practice

Palo Duro, Juniper
Monday, 11:30 am - 1:00 pm

Mariachi Group Practice

Barelas, Lead/Coal
Friday, 11:15 am - 12:30 pm





Piano Workshop, Beginning/Intermediate

Bear Canyon, Room 2
Friday, 9:00 - 10:30 am

Piano Workshop, Intermediate

Bear Canyon, Room 2
Thursday, 11:00 am - 12:00 pm

Roadrunner Strummers

Peace, fun and harmony with the ukulele. New members welcomed.



Highland, Room 8
Saturday, 10:00 am - 12:30 pm

Sing-a-Long

Manzano Mesa, Room 4
Tuesday, 1:00 - 2:15 pm

Violin Workshop

Learn the basics of playing the violin. Students must have their own instrument. Beginners welcome.

Bear Canyon, Room 1
Friday, 8:00 - 10:00 am

Other Groups of Interest

Albuquerque Congress of Real Estate (A.C.R.E)

North Domingo Baca, Room 5
1st Thursday, 6:00 - 8:45 pm

Albuquerque Historic Aviation Society

A group is for aviation lovers to spend time visiting with fellow enthusiasts.

Bear Canyon, Rooms 3, 4
1st Thursday, 7:00 - 9:00 pm

Albuquerque Tea Party

North Domingo Baca, Community Room
Last Thursday, 6:45 - 8:30 pm

Duke City Flyers

North Domingo Baca, Community Room
2nd Thursday, 6:00 - 8:00 pm

English Study Group

North Domingo Baca, Room 3
4th Tuesday, 1:00 - 2:00 pm

Heritage Hills Neighborhood Association

North Domingo Baca, Room 7
3rd Tuesday, 6:30 - 8:30 pm

Heritage East Association of Residents

North Domingo Baca, Room 1
3rd Monday, 6:30 - 8:00 pm

Market Trading /Finance

North Domingo Baca, Room 6
4th Wednesday, 6:00 - 8:00 pm

N M Solar Energy Board Meeting

North Domingo Baca, Room 3
3rd Tuesday, 5:30 - 8:00 pm



Numismatic Program

North Domingo Baca, Room 7
Thursday (Every 2 weeks)
6:00 - 8:00 pm

Palo Duro Philatelic Society

Join us for mixtures, auctions and door prizes.

Palo Duro, Ponderosa
Monday, 11:15 am - 2:30 pm



Project Linus

Manzano Mesa, Social Hall
2nd Saturday, 9:00 am - 12:00 pm

Rock Hound Club

Palo Duro, Aspen Meetings:
1st, 3rd Thursday, 12:00-1:00 pm
Trips:
2nd, 4th Thursday 8:15 am - 4:30 pm
5¢/mile Transportation



Rock Mountain Flying Machine

North Domingo Baca, Room 6
1st Tuesday, 7:00 - 8:45 pm

Soroptimist International

North Domingo Baca, Room 3
1st Monday, 5:45 - 7:30 pm

T.O.P.S. Take Off Pounds Sensibly

Manzano Mesa, Room 4
Friday, 9:30 am - 12:00 pm

North Domingo Baca, Room 7
Tuesday, 10:00 am - 12:00 pm

Palo Duro, Aspen
Monday, 11:45 am - 1:00 pm

USA Track Field of NM

North Domingo Baca, Room 7
1st Thursday, 6:45 - 8:45 pm



VOICES OF THE VALLEY

Voices of the Valley Poetry Group

"Voices of the Valley" poetry group is about poets getting together to read, write and discuss poetry of all genres. (Limit 8 in a group).

North Valley, Computer Lab
2nd, 4th Friday, 1:00 - 3:30 pm

Writing about our Lives

In this memoir class we will help each other write our stories by writing, reading aloud and revising.



We can write for our children and grandchildren, ourselves and our community. We will experience a sense of accomplishment, enhance our mental alertness and make friends. It is never too late for personal growth.

Highland, Room 7
Friday, 1:00 - 3:00 pm

Women's Journaling

North Valley, Computer Lab
Friday, 10:00 - 11:00 am

Zia Sundials, Chapter #106

Members of the National Association of Watch and Clock Collectors.

Bear Canyon, Room 5
2nd Saturday, 12:00 - 3:00 pm



Other Groups of Interest

Music, con't.

Groups & Clubs

Outdoor Sports

50+ Softball League Meeting

Highland, Room 2
2nd Friday, 9:30 - 11:00 am

Fisherman's Club

Fisherman and Fisherwomen meet every week to decide where the group will go fishing.



North Valley, Library
Monday, 11:00 am - 12:00 pm

Trips:
Tuesday, 6:00 am - 5:00 pm
5¢ per mile

Palo Duro, Mesquite
Meetings:
Thursday (every other), 11:00 am
Trips:
Tuesday's Bi-Weekly, 6:00 am - 4:00 pm
5¢ per mile

Senior Issues

NARFE Chapter 80

The National Active and Retired Federal Employees Association members meet to help preserve federal retirement and health benefits. Open to civilian employees, retirees, survivors and spouses.

Palo Duro, Mesquite Room
1st Saturday, 11:00 am - 12:45 pm

Retired Physicians Group

Palo Duro, Ponderosa
Monday, 2:45 - 4:30 pm

Social Networking

Cherokees of New Mexico

Manzano Mesa, Room 4
3rd Saturday, 12:00 - 3:00 pm

Game Night for Widows Group

North Domingo Baca, Room 1
3rd Tuesday, 4:40 - 8:30pm

Red Hat Society

Join your senior sisters across the nation and the world, and greet middle age with verve, humor and frivolity. The only criteria for joining are willingness to share and a red hat.



Manzano Mesa, Social Hall
3rd Thursday, 10:00 - 11:30 am

Palo Duro, Aspen
1st Saturday, 11:00 am - 12:30 pm

Vietnamese Senior Association

Manzano Mesa, Room 4
Saturday, 9:00 am - 12:00 pm

Special Interest

Dutch-Speaking Group

Bear Canyon, Lobby
Friday, 10:00 - 11:30 am

Garden Club

We will be growing vegetables, herbs, and flowers all season long. Hands-on learning - All welcome - Bring your ideas. Grow your own salads! Spice your foods with home grown herbs! Enjoy the beauty of flowers! All gardening supplies needed. Free. No experience needed! All members welcome Activities include - preparing soil, planting, cultivating, weeding, watering & harvesting. Enjoying the fruits of our labor.



Los Volcanes, Room 10
3rd Wednesday, 9:30 - 11:00 am

El Camino Real Garden

Barelas, Lead/Coal
Call Center for Details

Investment Club

Club follows the NAIC program
Palo Duro, Computer Lab
3rd Wednesday, 10:00 am - 12:00 pm

Invest in Debt

Manzano Mesa, Room 5
2nd Wednesday, 6:00 - 9:00 pm



Libros Book-Binding

Manzano Mesa, West Social Hall
1st Saturday, 9:00 am - 12:00 pm

Society of Creative Anachronism

Manzano Mesa, Room 5
3rd Tuesday, 6:00 - 9:00 pm

Kiwanis

North Domingo Baca, Community Room
Monday (Bi-Weekly), 6:00 - 8:00 pm

Support Groups

Albuquerque Fibromyalgia Support Group

North Domingo Baca, Room 1
1st Tuesday, 1:00 - 3:00 pm

Albuquerque Gluten Intolerance Support Group

North Domingo Baca, Classroom 4
4th Saturday, 12:00 - 2:30 pm

Alzheimer's Association Support Group

North Domingo Baca, Room 3
1st Tuesday, 4:00 - 6:00 pm

Deaf Seniors Citizens of Greater Albuquerque

Palo Duro, Cottonwood
Thursday, 8:30 am - 12:00 pm

Essential Tremors Support Group

Palo Duro, Ponderosa
3rd Saturday, 10:00 am - 12:00 pm

Expressive Arts for Grief

North Domingo Baca, Room 3
Friday, August 19 - September 23,
12:30 - 3:30 pm

Multiple Sclerosis

North Domingo Baca, Community Room
3rd Thursday, 1:00 - 2:30 pm

New Mexico Elders Mediation Network

North Valley, Room 3
3rd Thursday, 1:30 - 3:00 pm

Stroke Support Group

Manzano Mesa, Room 3
3rd Thursday, 5:30 - 6:30 pm

Grief Support

Join this caring group of individuals and find the support you need. All are welcome to attend. No registration is necessary.

Bear Canyon, Room 2
Monday's, 3:00 - 4:30 pm

Travel Clubs

Albuquerque Travel Partners

We bring together lively seniors to discuss potential travel ideas.

Palo Duro, Piñon
2nd, 4th Tuesday, 1:00 - 3:00 pm

Prior Sign-up is required to attend presentations. Call appropriate center to register.

Health Awareness and Prevention

Adult Abuse and Neglect

This presentation will focus on Adult Abuse/Neglect/ and Exploitation. Adult Protective Services responds to situations in which functionally impaired incapacitated adults are being harmed, are in danger of mistreatment, and are unable to protect themselves, and have no one else to assist them."

North Valley, Room 3
Friday, July 15, 10:00 - 11:00 am
Presenter: Loretta E. Lavadie

Acupuncture

Have you ever been curious about acupuncture, or wondered if it could increase your overall feelings of well-being? Acupuncture is part of Chinese Medicine, an ancient and complete system of healing, capable of naturally and successfully diagnosing and treating pain, stress, and many other common chronic diseases. Join us for an informative discussion on the benefits of Chinese Medicine, including acupuncture and herbs, and learn how it might help you specifically!



North Valley, Room 4
Friday, July 22, July 29,
10:00 - 11:00 am
Presenter: Kristi Resener

Anti-Aging for the Face, Body and Mind

Learn about EHT Age Defying Supplement. EHT is a natural mixture of bioactive molecules isolated from coffee. Fortified with other rejuvenating ingredients, this supplement - 1-Promotes better cognitive function & overall brain health. 2-Fortifies & strengthens natural Brain functions and 3-Boosts the body's immune system.

Bear Canyon, Room 5
Wednesday, July 20, 10:00 - 11:00 am
Presenter: Iva Rose

Balance Tracking

Balance tracking: done using a platform and computer applications to determine an individual's risk for a fall. Come for a free assessment.

Barelas, Lobby
Tuesday, September 13, 9:00 am - 1:00 pm
Presenter: Ken Reese, Osteostrong

Basics on Alzheimer's

North Valley, Room 4
Wednesday, July 20, 10:00 - 11:00 am
Presenter: Peter Tras, Alzheimer's Association

Blood Pressure Screening

Free blood pressure checks on a first come/first serve basis.



Highland, Room 5
Friday, 10:00 - 11:00 am



Blue Cross Blue Shield Care Van Health Screening

The Blue Cross Blue Shield Care Van will conduct FREE health screenings: Glucose, Blood Pressure, BMI, and Cholesterol etc. No appointments necessary.

Manzano Mesa, Parking Lot
Thursday, July 7, August 4, October 6, November 3, December 1, 10:00 - 11:30 am

Los Volcanes, Parking Lot
Tuesday, August 2, 9:00 - 10:30 am

Barelas, Parking Lot
Friday, September 9, 8:00 - 10:00 am

Conversation Around Alzheimer's

North Valley, Room 4
Wednesday, August 17,
10:00 - 11:00 am
Presenter: Peter Tras, Alzheimer's Association

Dementia, Memory Care

One out of two adults over the age of 85 has dementia. Learn what is "Dementia"? What are the statistics? The etiology of Dementia and the different types and where to get help for patients and loved ones.

Bear Canyon, Room 5
Wednesday, August 24, 10:00 am - 12:00 pm
Presenter: Gentiva® Home Health & Hospice



Diabetes

Los Volcanes, Room 10
Wednesday, September 21, 9:00 - 10:30 am

Energy Employees Occupational Illness Compensation Program

Do you or a member of your family have an illness such as cancer, beryllium disease, or another condition, which you think may have been caused by toxic exposure in the workplace? Were you employed at a Department of Energy facility, with a beryllium vendor, or in the uranium mining industry? You may be eligible for benefits under the Energy Employees Occupational Illness Compensation Program Act (EEOICPA).

Barelas, Lead/Coal
Thursday, July 21,
1:00 am - 12:00 pm

Bear Canyon, Room 5
Wednesday, September 7,
10:00 am - 12:00 pm

North Valley, Room 4
Wednesday, September 21,
10:00 - 11:00 am

Manzano Mesa, Room 4
Tuesday, October 4,
10:00 - 11:00 am

Presenter: Espanola Energy Employees Compensation Resource Center



Enjoy the rich palette of art and culture that embodies our dynamic city.



ABQ BioPark

July

Zoo Music Concerts

Every Friday night through August 5

Summer Nights Concerts

Music at the Botanic Garden every Thursday night through August 18

Evening Tours

Bosque Moonlight Hikes, Night Walks at the Botanic Garden and Twilight Tours at the Zoo. Select tours Tuesday evenings through August 25.

Tanabata Festival

July 5-7 from 9 a.m. - 5 p.m.

Tanabata, or the Star Festival, is held on the evening of July 7. The festival traces its origins to the legend of Cowherd Star (Altair) and Weaver Star (Vega). Children and adults write their wishes on narrow strips of colored paper and hang them, along with other paper ornaments, on bamboo branches set up in the Japanese garden.

Brown Bag Lectures

July 7 & 9 from 12:30 - 1:30 p.m.

BioPark staff and field experts discuss conservation science during this series of informal lunchtime lectures.

July Half-Price Weekend

July 16 & 17 from 9 a.m. - 4:30 p.m.

Half-Price Weekends happen four times a year. Discounted admission prices are available from any BioPark cashier from 9 a.m. - 4:30 p.m. on these special days.

Dragonfly Festival

July 16 from 10 a.m. - 2 p.m.

See wild dragonflies up close, make a craft or just hang out by the water observing at the Festival Green.

Shark Discovery Day

July 23 from 10 a.m. - 2 p.m.

Learn about sharks' highly-developed adaptations and hear ancient legends of sharks.

August

Docent Volunteer Orientation

August 6 from 11 a.m. - 1 p.m.

Volunteer orientation is by invitation only. If you are interested in becoming a BioPark volunteer, please complete an online application.

BioPark Greeter Volunteer Orientation

August 13 from 9:30 a.m. - 3:30 p.m.

November 17 from 9:30 a.m. - 3:30 p.m.

Volunteer orientations are by invitation only. If you are interested in becoming a BioPark Volunteer, please complete an online application.

African Violet Show & Sale

August 20 & August 21

from 9 a.m. - 4:30 p.m.

This event at the Botanic Garden's Heritage Farm will feature beautiful African violets grown by members of the Albuquerque African Violet Club. Club members will show successful techniques for growing, maintaining, and propagating these cheerful plants. Standard and mini African violets will be available for purchase.

September

Brown Bag Lectures

September 1 & 3 from 12:30 to 1:30 p.m.

BioPark staff and field experts discuss conservation science during this series of informal lunchtime lectures.

International Vulture Awareness Day

September 3 from 10 a.m. - 2 p.m.

Find out why vultures are so important to the environment and keeping nature balanced.

Fall Fiesta of Flowers

September 19 from 9 a.m. - 4:30 p.m.

Enjoy the bursting floral displays before winter's chills arrive.

Elephant Conservation Day

September 24 from 10 a.m. - 2 p.m.

Learn about endangered Asian elephants and efforts to protect them.

Rose Exhibition

September 24 & 25 from 10 a.m. - 2 p.m.

Enjoy the Albuquerque Rose Society's annual exhibition in the ABQ BioPark's new High Desert Rose Garden.

October

An Ikebana Autumn

October 1 from 9 a.m. - 5 p.m.

View local artists' arrangements and discover the subtle allure of this Japanese art.

Garden Brown Bag
 October 1 from 12:30 - 1:30 p.m.
 Join us for a lunchtime lecture.

Croctober!
 October 2 from 10 a.m. - 2 p.m.
 Learn all about crocodiles and alligators during the Croctober discovery day at the Zoo.

Cider Festival
 October 8 from 10 a.m. - 4 p.m.
 Sample the aromas, sounds and tastes of the fall harvest at the Botanic Garden's Heritage Farm on October 10.

October Half-Price Weekend
 October 15 & 16 from 9 a.m. - 4:30 p.m.
 Half-Price Weekends happen four times a year.

Wolf Awareness Days
 October 19 from 10 a.m. - 2 p.m.
 Learn about wolf conservation and re-introduction in the Southwest.

November

Aquarium Brown Bag
 November 3 & 5 from 12:30 - 1:30 p.m.
 Join us at the Aquarium, eat lunch, listen to an engaging speaker.

Orangutan Awareness Day
 November 12 from 10 a.m. - 2 p.m.

River of Lights at the Botanic Garden
 November 28 through January 4, 2017



December

International Cheetah Day
 December 4 from 10 a.m. - 2 p.m.

Holiday Nature Crafts
 December 7 from 6 - 8 p.m.
 Bring your whole family to River of Lights and visit the Education Building to make beautiful gifts inspired by nature!

Kadomatsu in the Japanese Garden
 December 16 - January 15, 2017
 from 9 a.m. - 4:30 p.m.

Kadomatsu are a Japanese New Year's tradition of pine and bamboo arrangements. These arrangements flank the gates of the BioPark's Japanese Garden.

Holiday Enrichment at the Zoo
 December 17 from 9 - 11 a.m.

Special Events

Summerfest



Route 66 Summerfest
 Saturday, July 16 • 2 - 10:30 p.m.
Central Avenue in Historic Nob Hill
 The City of Albuquerque, Nob Hill Main Street, and the New Mexico Jazz Festival invite you to the annual Route 66 Summerfest! This mile-long stretch of free fun located on Central Ave. in Historic Nob Hill will feature up to 25 music artists, including national headliner Booker T. and Stax Soul Revue. Shop with great local vendors and artists in the Mother Road Market and enjoy great dining with local food trucks. Have a blast at the free kids' activities, walk the Old Route 66 Car Show, and unwind with a good drink at Cork & Tap.

Downtown Summerfest
 Saturday, August 6 • 5 - 10:30 p.m.
Civic Plaza

You are invited to downtown Albuquerque for a night of free enjoyment. Summerfest is returning to Civic Plaza! There will be live music from local bands, leading up to the national headliner The Wailers. Shop the market of handmade goods provided by local artisans, enjoy free kids' activities, and savor some local favorites from on-site food trucks.

Westside Summerfest
 Saturday, Aug. 20 • 5 - 10:30 p.m.
Cottonwood Corners; Ellison Dr. between Cottonwood Drive and Alameda
 Join us for the last Summerfest of the season! Come out to Cottonwood Corners for this free event. Dance in the street to national headliner Big Head Todd & the Monsters. Enjoy exploring the different crafts offered by local artisans and bring the kids for a day filled with food, fun, and

great activities. There will also be a selection of some of Albuquerque's local food vendors, as well as a microbrew garden with local beer, wine, and spirits.

Twinkle Light Parade
 Saturday, December 3 • 5:15 p.m.

The annual holiday parade that lights up the night, dazzling children and adults alike with twinkling floats, marching bands, antique cars and costumed characters.

Historic Old Town

Summertime in Old Town
 Every Friday & Saturday from 7 - 9 p.m. and Sundays from 1 - 3 p.m.
 Enjoy free entertainment in the Old Town Plaza's Gazebo through September.

Balloon Fiesta Week in Old Town
 Celebrate the International Balloon Fiesta in Albuquerque's Historic Old Town Plaza with a week of free live entertainment from different genres.



Salsa Fiesta
 Saturday, September 10 • Noon - 7 p.m.
 Mayor Richard J. Berry invites you to the annual Salsa Fiesta. Help us decide who makes the best Salsa in Albuquerque. At the Old Town Salsa Fiesta, contestants make their homemade salsa on site and you get to be the judge when you taste and vote for the best salsa in town.

KiMo Theatre

The KiMo Theatre
 423 Central Avenue NW
 Each summer the KiMo presents a variety of classics films, from Hitchcock classics and the Best of Bogart to Mother Road Movies to compliment the Route 66 exhibit at the Albuquerque Museum. In the fall, a variety of local arts groups return to the KiMo Stage. The New Mexico Young Actors take to the stage with *Pochahontas* November 15 - 20.

Show Monkey Productions also returns this year with two performances of their annual magic show *Hocus Pocus* on November 26. Ballet Repertory Theatre presents the annual holiday classic *The Nutcracker* in December.

South Broadway Cultural Center

3rd Annual John Lewis Celebration Thursday, July 14 • 7 p.m.

A special annual celebration to honor the life, talent and contribution to the world of jazz by John Lewis former Albuquerque resident and Founder of the Modern Jazz Quartet. John Lewis was a giant in the world of modern jazz. He grew up in the South Broadway neighborhood and after his death he was honored as someone who had been part of the community by naming the South Broadway Cultural Center Theatre after him. In 2014, South Broadway Cultural Center held the 1st Annual John Lewis Celebration to honor this great man and talented musician. Enjoy great live entertainment, the opportunity to learn more about the life and music of John Lewis and celebrate his musical heritage. A reception will follow the event.
www.southbroadwaytickets.com



Cardboard Playhouse – James and the Giant Peach Jr. September 16-25

Based on one of Roald Dahl's most poignantly quirky stories, *James And The Giant Peach JR.* is a brand new take on this "masterpeach" of a tale. Featuring a wickedly tuneful score and a witty and charming book, this adventurous musical about courage and self-discovery is destined to be a classic.
www.southbroadwaytickets.com

Día de los Muertos October 30

Dia de los Muertos, or Day of the Dead is celebrated throughout Mexico and around the southwest United States as a time to recall

family, friends, and loved ones who have died. Each year, South Broadway Cultural Center joins in the celebration with holiday altars and artwork displayed inside the center's art gallery.
Free admission.



Balloon Museum



About the Balloon Museum

Since it opened in 2005, the Anderson Abruzzo Albuquerque International Balloon Museum has welcomed over 800,000 visitors from Albuquerque and many other communities in New Mexico, as well as from across the country and around the world. Through its extensive collection of artifacts, interactive special exhibitions, and engaging educational programs, the Museum is a gateway to science, exploration, and discovery. Located at 9201 Balloon Museum Drive NE, the Balloon Museum is open Tuesday through Sunday from 9 a.m. to 5 p.m. year-round. For more information, please call 505-768-6020 or visit www.cabq.gov/balloon. Open during Balloon Fiesta daily, 6:00 a.m. to 6:00 p.m.

Arriving in 2016:

The Tim Anderson 4-D Theater Opens Summer 2016

The theater, made possible by a generous gift from the namesake Anderson family, is ideal for fans of experiential film-viewing, who will experience visual, aural, and physical sensations while watching science, ballooning and other flight-related short films.

Arctic Air: The Bold Flight of S.A. Andree Opens August 2016

This special exhibition tells the compelling story of an unprecedented and dramatic 1897 balloon expedition to the North Pole. Designed to immerse visitors in the expedition, the exhibition features rooms that evoke the different aspects of the experience: a 19th-century parlor, the arctic "balloon house" where the launch took place, and the remote polar environment, polar bear included.

The Weather Lab Opens Fall 2016

The Weather Lab is an immersive and interactive meteorology exhibition. It will present weather beginning with the sun, and then move through wind, clouds, storms, and more, including the Albuquerque 'Box.' Other topics include seasons, topography, fire weather, and more, all of which is presented through touchscreen media as well as artifacts, videos, and images.

Albuquerque Museum

2000 Mountain Road NW
For more information and events, go to cabq.gov/museum

Exhibits

Common Ground Ongoing

A bold reinstatement of Albuquerque Museum's permanent art collection emphasizes real New Mexico, with cultures interacting and influencing each other beyond traditional boundaries.

Only in Albuquerque Ongoing

Spirited. Courageous. Resourceful. Innovative. Experience the history of our city through an ingenious, interactive gallery.



Route 66: Radiance, Rust and Revival on the Mother Road
Through October 2, 2016

From her hotly debated beginnings to her decades-long role as a pathway for adventurer, migrant workers, post-war veterans, tourists, hippies and sentimental souls, Route 66 has fascinated and engaged us, and compelled us to follow her beaten, crumbling path.

Mabel Dodge Luhan & Company: American Moderns and the West
October 28, 2016 – January 22, 2017

Mabel Dodge Luhan (1879-1962) brought modern art to Taos, New Mexico, putting Taos on the national and international map of the avant-garde and creating a "Paris West" in the American Southwest.

Objectified: Masculinity and the Male Form

Through September 18, 2016

A student-curated exhibition of works on paper exploring the tendency for portraiture to split along gender lines.

Drawing Into Architecture: Sketches and Models by Antoine Predock

Through October 2, 2016

Whether capturing a site visited on one of his globe-trotting trips, or imagining one of his buildings, Predock's sketches trace the hand's intuitive rush across a surface, condensing a rich sensorium of perceptions and experiences into memorably succinct collations of line and color.

Miniatures & More 2016

Open to the Public October 23

Now in its 26th year, *Miniatures & More* is an exhibition fundraiser featuring traditional and contemporary paintings, photographs and sculptures for sale by more than 100 artists. Ticketed gala Saturday, October 22.

Casa San Ysidro Harvest Festival
October 15 & 16, 2016

Enjoy music, family performances, animals and a traditional arts *mercado*. Investigate the rooms of this historic home to learn more about how people lived in the past. An annual event in partnership with the village of Corrales.

The Jews of Albuquerque in the Twentieth Century

Opens November 19

The Albuquerque Jewish community has roots going back over one hundred years. Learn about contributions made by Jewish leaders in business, law, medicine, and the arts as well as present artifacts of Jewish life in the home and synagogue.

Museum Events & Tours

Third Thursdays

July 21, August 18, September 15, October 20, and November 17, 5 – 8:30 p.m.

On the 3rd Thursday of the month, the Museum offers a special evening of music, art activities, and speakers related to the exhibits; food and drink specials for purchase; and free admission.

Docent-guided Gallery Tours

2 p.m., Tue. – Sun.

Historic Old Town Walking Tours

11 a.m., Tue. – Sun. through mid-December

Docent-guided Sculpture Garden Tours

10 a.m., Tue. – Sat., through November.

HOURS

Tuesday through Sunday, 9 a.m. to 5 p.m.
Closed Mondays, Thanksgiving, Christmas and New Year's Day.

Free Times • Admission is free every Sunday from 9 a.m. - 1 p.m., from 9 a.m. – 5 p.m. on the first Wednesday of every month, and from 5 – 8:30 p.m. on the 3rd Thursday evening of every month.

**The Public Library
ABQ - BernCo**

Join a Book Club @ Your Library

The Public Library ABQ - BernCo wants you to *Join a Book Club @ Your Library*. With 18 libraries, it won't be hard to find a club you enjoy!

For more information, please visit <http://abqlibrary.org/books/groups>

- **Mysteries at Cherry Hills**
First Tuesday of the month; 6 - 7:30 p.m.
- **Cherry Hills Book Discussion Group**
First Friday of the month; 10:30 a.m. - noon.
- **Spanish Literature Book Group at Cherry Hills.** Varied Dates. Check the Cherry Hills event calendar.

- **Women's Friendship in Literature Book Club at Cherry Hills**
Third Tuesday of the month; 6 - 7:30 p.m.

- **British Book Club at Central & Unser**
Second Thursday of the month; 6 - 7:30 p.m.

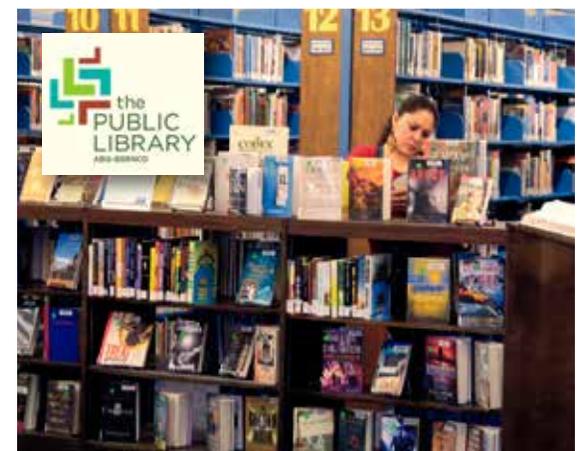
- **Erna Fergusson Book Club**
First Wednesday of the month; 6 - 7:30 p.m.

- **Bookworms at Juan Tabo**
Third Tuesday of the month; 1:30 - 2:30 p.m.

- **ABC Seed Library Bookgroup at Juan Tabo**
Third Tuesday of the month; 6 - 7:30 p.m.

- **Reading the Southwest at Juan Tabo**
Third Thursday of the month; 1:30 - 2:30 p.m.

- **Lomas Tramway Book Club**
First Wednesday of the month; 2 - 3:15 p.m.



- **Graphic Novel Club at Lomas Tramway**
First Saturday of the month; 2 - 3 p.m.

- **Los Griegos Book Group**
Fourth Friday of the month; 3 - 4:30 p.m.

- **Main Library's Wide World of Mystery**
Last Friday of the month; noon.

- **North Valley Book Club**
One Friday, every month; noon.
Check for dates.

- **South Valley Book Discussion Group**
One Saturday every month; noon.
Check for dates.

- **Taylor Ranch Reading Group**
Second Saturday of the month; 2 - 3:30 p.m.

- **Who Dunit? Mystery Book Club at Tony Hillerman**
Second Tuesday of the month; 3 - 4:30 p.m.

- Free Event
- Free Flu Shots
- Speaker Sessions
- Free Health Screenings
- Free Transportation to & from event from senior centers
- And More!



Thursday, October 6th, 2016
8:30 a.m. - 2:30 p.m. @ Embassy Suites



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**BlueCross BlueShield
of New Mexico**

A Division of Health Care Service Corporation, a Mutual Legal Reserve Company,
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880.0470 Please call with any questions.



BlueCross BlueShield of New Mexico

Blue 60PlusSM

Blue Cross and Blue Shield of New Mexico's (BCBSNM) Blue 60Plus program is designed to keep seniors healthy through wellness lectures, preventive health screenings, and social activities.

Friendship Coffees 2016

BCBSNM is a proud sponsor of Friendship Coffees at senior centers across Albuquerque. Please join us for this social hour to meet new friends. Drop-ins welcome.

10 a.m. - 11 a.m.

Manzano Mesa Multigenerational Center
501 Elizabeth SE, 87123

Thursday, July 7
Thursday, August 4
Wednesday, September 7
Thursday, October 6
Thursday, November 3
Thursday, December 1

9 a.m. - 10 a.m.

Palo Duro Senior Center
5221 Palo Duro NE, 87110

Wednesday, July 6
Wednesday, August 3
Thursday, September 1
Wednesday, October 5
Wednesday, November 2
Wednesday, December 7

Care Van[®] Screenings 2016

BCBSNM has partnered with licensed providers to administer health screenings and immunizations at no cost to seniors. No reservations are required. Drop-ins welcome.

10 a.m. - 11:30 a.m.

Manzano Mesa Multigenerational Center
501 Elizabeth SE, 87123

Thursday, July 7
Thursday, August 4
Thursday, September 1
Thursday, October 6
Thursday, November 3
Thursday, December 1

10 a.m. - 11:30 a.m.

Bear Canyon Senior Center
4645 Pitt NE, 87111

Friday, July 1
Friday, August 5
Friday, September 2
Friday, October 7
Friday, November 4
Friday, December 2

8 a.m. - 10 a.m.

Barelas Senior Center
714 Seventh SW, 87105

Friday, September 9

Blue 60Plus Lecture Series 2016

Blue 60Plus lectures are designed to educate seniors on a variety of health and wellness topics. Space is limited. Please RSVP one week prior to lecture at (505) 816-4454.

Wednesday, July 27
10 a.m. - 11 a.m.

Blue Cross and Blue Shield of New Mexico
5701 Balloon Fiesta Parkway NE, 87113

LECTURE TOPIC:
Osteoporosis

Wednesday, August 10
9 a.m. - 10 a.m.

Los Volcanes Senior Center
6500 Los Volcanes NW, 87121

LECTURE TOPIC:
Healthy Eating

Wednesday, September 21
10 a.m. - 11 a.m.

Los Volcanes Senior Center
6500 Los Volcanes NW, 87121

LECTURE TOPIC:
Diabetes

Wednesday, October 26
10 a.m. - 11 a.m.

Blue Cross and Blue Shield of New Mexico
5701 Balloon Fiesta Parkway NE, 87113

LECTURE TOPIC:
Medicare 101

Wednesday, November 9
9 a.m. - 10 a.m.

Los Volcanes Senior Center
6500 Los Volcanes NW, 87121

LECTURE TOPIC:
Osteoporosis

Friday, November 18
9 a.m. - 10 a.m.

Los Volcanes Senior Center
6500 Los Volcanes NW, 87121

LECTURE TOPIC:
Medicare 101

Join the fun – Membership is free

Members enjoy:

- Monthly lectures on health and wellness
- Tips and materials for keeping healthy
- VIP invitations to health screenings and health fairs

If you are interested in becoming a Blue 60Plus member or have questions, please call Nicole Chavez at (505) 816-4454.

You do not need to be a BCBSNM member to join Blue 60Plus or attend events.

For a complete schedule of all Blue 60Plus events, lectures, and screenings, please visit bcbsnm.com and click on Blue 60Plus under Company Information. The relationship between health care providers and BCBSNM is that of independent contractors.



BlueCross BlueShield of New Mexico

Get Health Tips by TextSM! TIPS4U to 33633 | bcbsnm.com
Sign up to receive health care tips and wellness reminders directly to your phone.

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478540.0416

East Central Health and Social Services Center

The City of Albuquerque has four Health and Social Service Centers: Alamosa, East Central, John Marshall, and Los Griegos-one located in each quadrant of the city which provides services to low and moderate-income residents in the form of emergency food, clothing, and utility and rental assistance, as funding is available. Please join us and educate yourself on what services are currently available and you'll have an opportunity for Q&A's.

Highland, Room 8
 Wednesday, November 9,
 9:00 -11:00 am
 Presenter: Kirk with Health and Social Services East Central Center



Essential Oils Series

For thousands of years, the natural aromatic compounds of plants that are essential oils, have provided simple health solutions. Today, you can trust the power of plants to enhance physical, mental, and emotional health with Essential Oils. Natural Solutions

Palo Duro, Cottonwood
 Wednesday, July 13, 5:30 pm
 Pain Management

Palo Duro, Cottonwood
 Wednesday, August 10, 5:30 pm
 Essential Oils for a Safer, Cleaner Home

Palo Duro, Cottonwood
 Wednesday, September 14, 5:30 pm
 Origins of Essential Oils

Palo Duro, Cottonwood
 Wednesday, October 12, 5:30 pm
 Essential Oils for Stress Management

Palo Duro, Cottonwood
 Wednesday, November 9, 5:30 pm

Learn to use that new camera!
See page 9



Medicine Cabinet Makeover

Palo Duro, Cottonwood
 Wednesday, December 14, 5:30 pm
 Presenter: Carmen Good

Fall Prevention Workshop

New Mexico has one of the highest rates of falls among the elderly. Find out ways to prevent falls through making your home safe, to learning some simple exercises for seniors. Instructor, Caren Phillips is an OTR/L, MS Occupational Therapist and Co-Owner Ravenna Assisted Living here in Albuquerque. Please sign up at the front desk.

Highland, Room 8
 Wednesday, September 14,
 9:00 - 11:00 am
 Instructor: Caren with Ravenna Assisted Living

Healthy Eating

Los Volcanes, Room 10
 Wednesday, August 10,
 9:00 - 11:00 am

Heart Failure

Heart Failure is a disease of aging and becoming more common each day. The heart as a pump becomes weaker over time and cannot handle the fluids in our body the way it used to. It is a disease that is not curable but is manageable at home. I would like to discuss ways to keep the heart healthy at home given the limitations that occur with aging.



North Valley, Room 4
 Wednesday, August 3, 9:30 -10:30 am

Manzano Mesa, Room 4
 Tuesday, August 9, 10:00 -11:00 am

Palo Duro, Ponderosa
 Thursday, September 8, 10:00 am

Bear Canyon, Room 5
 Wednesday, December 7,
 10:00 am - 12:00 pm
 Presenter: Patricia A. Hill, RN, MSN

Helping Hoarders

Compulsive Hoarding affects up to 5-6% of the population and presents difficult problems for mental health professionals, first responders, law enforcement, neighbors, friends and relatives. This one-hour presentation

includes discussion, lecture with PowerPoint slides, an extensive handout and a list of resources.

Manzano Mesa, Room 4
 Tuesday, October 11,
 10:00 - 11:00 am
 Presenter: Kit Anderson Professional Organizer

How to Stay Out of the Doctor's Office, Doctor King's Health Improvement Program: End Pain and Add Years to Your Life at Any Age

The Standard American Diet (SAD) has guaranteed that every human who was raised in the USA is literally loaded with toxins – in our blood, bones and organs. These toxins are the culprits that give us premature cardiac disease, strokes, cancer, diabetes, arthritis – you name it. When our aging bodies turn acidic, all these toxins are rendered double the trouble. Mankind was designed to live 120 years and more. So, why aren't we seeing that today? Well, we are. In the high Himalayas of northern Pakistan live the Hunza people who regularly live to 120. How do they do it? They don't eat the way Americans and western Europeans do. Their diet is rich in foods that keep their bodies free of the toxins that are killing us. Come and learn how to eliminate pain and add years to your life.



Los Volcanes, Room 10
 1st Wednesday, 10:00 - 11:15 am

North Valley, Room 4
 4th Wednesday, 10:00 - 11:00 am
 Presenter: Dr. R. Barry King, PhD

Macular Degeneration and other Vision Problems

This presentation gives a general understanding on age related macular degeneration and information on support group services available.

North Valley, Room 4
 Tuesday, November 8,
 10:00 - 11:00 am
 Presenter: Barbra Free, 20/20 Club

Medicare and You

Medicare open enrollment begins October 15, 2016; learn about your Medicare options.



This presentation covers all the different parts of Medicare, Medicare supplements and replacement plans, when and how to enroll and the difference between the coverage/costs. This includes prescription drugs plans as well.

Bear Canyon, Room 5
Wednesday, August 31, September 14, 10:00 am - 12:00 pm
Presenter: Humana

Los Volcanes, Room 2
Thursday, August 18, 5:30 - 6:45 pm,
Friday, October 14, November 18.
9:00 am

Palo Duro, Ponderosa
Wednesday, August 3, 9:30 am
Presenter: Nicole Chavez, Blue Cross Blue Shield

Osteoporosis

Los Volcanes, Room 2
Wednesday, November 9,
9:00 - 11:00 am

Parkinson's Education

The New Mexico Parkinson's Disease Coalition holds semi-monthly (in August and October) education meeting for people with Parkinson's, care partners, families and interested professionals. Speakers discuss topics relevant to living well with Parkinson's. For more details call 505.219.5065.

Highland, Social Hall
3rd Saturday, 1:00 - 2:30 pm



Project Heart Start

The goal of Project Heart Start is to teach the public compression only CPR and what to do in an emergency.

Highland, Room 8
1st Friday, 1:00 - 2:00 pm

North Valley, Room 4
Wednesday, TBA

Palo Duro, Ponderosa
Wednesday, August 31, 9:30 am

Palo Duro, Ponderosa
Wednesday, September 28, 9:30 am
Project Heart Start, David Grossman

Putting the FUN Back into Functional

Finding ways to maintain your ability to do what matters to you! We will discuss how some tips for adapting to or preventing functional decline for seniors. Instructor, Cindy Brown is Training & Resource Manager, LBSW Social Worker at Home Instead Senior Care, here in Albuquerque. This presentation will be both fun and informative. Please sign up at the front desk.



Highland, Room 8
Wednesday, August 24,
9:00 - 11:00 am
Instructor: Cindy with Home Instead Senior Care

Venous Insufficiency

Join us for a discussion of a vein disease more commonly known as venous insufficiency, which is most often the culprit that causes varicose and spider veins. We will discuss what the condition is, the most common symptoms and treatment options. Do you suffer from heavy tired legs, cramping, discoloration, ulceration skin, varicose veins or spider veins? We will also do an actual ultrasound so you will know what to expect when we come back for a free vein screening on Tuesday, October 25 from 9:00 - 11:30 am.

Barelas, Lead/Coal
Tuesday, October 11,
10:00 am - 12:00 pm
Presenter: High Desert Doppler

Special Interest

Be an Organized Cook

Eat well for less money and less time. This Organized Cook presentation will teach you cooking methods that



will help you put good, wholesome food on your table in less time and for less money.

Barelas, Lead, Coal
Tuesday, August 9, 1:00 - 2:30 pm
Presenter: Elizabeth Tawney Gross,
Certified Professional Organizer

Special Interest Gardening

Composting Presentation Series

Join this series of composting presentations to learn different ways to compost for your garden. Sign up at the front desk for subject of your choice or for all of them. These series are facilitated by Bernalillo County Extension Master Composters.

Bucket Composting with Bokashi

Bokashi composting in a closed container offers anyone, especially city and apartment dwellers, an uncomplicated way to recycle kitchen scraps and other organics.

Highland, Room 8
Wednesday, July 27, 9:00 - 11:00 am

Bear Canyon, Room 5
Wednesday, September 21,
10:00 am - 12:00 pm

Composting w/Worms

This class will cover the science, materials, methods and benefits of home composting with worms.

Bear Canyon, Room 5
Wednesday, November 2,
10:00 am - 12:00 pm
Presenter: Bernalillo County Extension



Health Awareness & Prevention, cont'.
Special Interest · Special Interest Gardening

Presentations

Home Composting Basics

Learn how to compost food and yard waste, an easy and fun way to recycle and to build healthy soil in your yard and garden.

Highland, Room 8
Wednesday, July 20
9:00 - 11:00 am

Bear Canyon, Room 5
Wednesday, August 17
10:00 am - 12:00 pm

Improving Desert Garden Soil and Composting

Learn how to drought proof local desert garden soils and how to improve fertility with organic amendments.

Highland, Room 8
Wednesday, July 13, 9:00 - 11:00 am
Bear Canyon, Room 5
Wednesday, October 5,
10:00 am - 12:00 pm

Fall is For Planting

Fall is the perfect time to plant. Learn about pairing plants together for continuous fall color and gather tips to keep your garden thriving.

Palo Duro, Ponderosa
Thursday, October 6, 10:00 am
Presenter: Osuna Nursery



Herb Bowl Workshop

Join us for this free workshop to create a tasty herb bowl. We will provide materials to make an edible container of a variety of herbs, sure to complement home cooking!

Palo Duro, Ponderosa
Thursday, July 7
10:00 am
Presenter: Osuna Nursery

Preparing for Fall Planting and Gardening

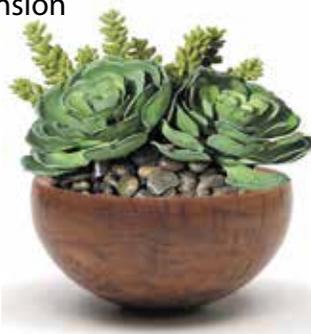
Everything you need to know to plant fall season vegetables, flowers, trees, dividing larger plants all the necessary planting for autumn.

Manzano Mesa, Room 4
Tuesday, October 25, 10:00 - 11:00 am
Presenter: Diane Kozecta, Master Gardeners

Raised Bed Gardens

Raised bed gardens present many easy management choices for the urban gardener. The class will cover planning, location, materials, design, soil, irrigation and shading.

Manzano Mesa, Room 4
Saturday, September 24,
11:00 am - 12:00 pm
Presenter: Bernalillo County Extension



Succulent & Terrarium

Terrariums come in all shapes and sizes! Learn the best practices for creating a terrarium with the proper plants, soil and light requirements.

Palo Duro, Ponderosa
Thursday, August 4, 10:00 am
Presenter: Osuna Nursery

Special Interest History & Genealogy

Chinese American Speaker Series

The CACAABQ Speaker Series is a monthly event held on the third Saturday of the month. A 30 minute talk followed by questions and answers.

North Domingo Baca
3rd Saturday
10:00 am - 12:00 pm

Marie Antoinette, the Intriguing Queen of France

Marie Antoinette is well known as the infamous Queen of France, who lost her head during the French Revolution. But did she deserve such a fate? Was she a victim of the



time and her royal mother's ambition or just a cruel despot? Come to this in-depth presentation and we will reveal the unusual and fascinating story of Marie Antoinette's life.

Palo Duro, Ponderosa
Thursday, September 1
10:00 am
Presenter: Carol Venturini



Honoring Our Veterans

We are pleased to have Ambercare sponsor and present a celebration acknowledging our veterans for their service to our country. Presenter is Lucy Romero, We Honor Veterans Coordinator/Hospice Community Liaison with Ambercare here in Albuquerque. Everyone is welcome and refreshments will be served.

Highland, Room 8
Wednesday, October 26
9:00 - 11:00 am
Presenter: Lucy, Ambercare

Jump-start Your Genealogy: Finding Your Ancestors

Whether you've been researching your ancestors for forty years or you barely know the names of your grandparents, professional genealogist Mary Penner will offer tips and tricks to help you uncover your ancestral history.

Manzano Mesa, Room 4
Tuesday, November 1
10:00 - 11:00 am
Presenter: Mary Penner, NM Genealogy Society



"New Mexico's Stormy History: True Stories of Early Spanish Colonial Settlers and the Mestas/Maestas Families"

A true telling of New Mexico's unique, tough, long, often dramatic "stormy" history - of the first European settlers to enter New Mexico, the ensuing conflicts with Native Indians,

peace treaties and Pueblo Indian-Hispanic alliances, the Mexican period, the U.S. takeover and its ensuing "cloudy" Territorial period, then "brighter" Statehood times, and all-along including the intertwining of a long-time native New Mexican Hispanic family's own history alongside New Mexico's history during three centuries.

Bear Canyon, Room 5
 Wednesday, October 26
 10:00 am - 12:00 pm
 Presenter: Elmer Eugene Maestas, Author

Ronald McDonald House Charities of New Mexico

Come join us as we create Christmas crafts to share with the families currently staying at the Ronald McDonald House. Donate gifts from a "Wish List" that you will receive when you sign up for this workshop. The "Wish List" items/gifts given are for participants of the Ronald McDonald House. They will also present an introduction to the current activities and plans of the Ronald McDonald House. Presenter is Volunteer Coordinator, Traci Pepper with the Ronald McDonald House Charities of New Mexico here in Albuquerque.



Highland, Room 8
 Wednesday, December 7,
 9:00 - 11:00 am
 Presenter: Traci, Ronald McDonald House.

Spanish Presidios in the American Revolutionary War

Learn how New Mexico's colonial soldiers and alcaldes aided the American Revolution.

Bear Canyon, Room 5
 Wednesday, November 9,
 10:00 - 11:00 am
 Presenter: George C. Garcia

Steam Locomotive

After over a decade of effort by an eclectic and dedicated volunteer staff of Doctors, Scientists, Engineers, Skilled Tradesmen and others, learn how they restored the Baldwin 4-8-4 Steam Locomotive, AT&SF No. 2926, to operational status.



Bear Canyon, Room 5
 Wednesday, October 19,
 10:00 am - 12:00 pm
 Presenter: Steve Bradford, Community Liaison NMSL&RHS

The Alluring and Candid Life of Joan Crawford



Joan Crawford was a famous Hollywood actress who enjoyed publicizing her glamorous lifestyle. People were shocked when the "tell-all" best seller "Mommie Dearest" came out. But was this frightening memoir, which made her infamous, really true? Join us as we explore Joan's compelling and often bumpy career and life. Clips will be shown.

Manzano Mesa, Room 4
 Tuesday, December 13, 10:00 - 11:00 am
 Presenter: Carol Venturini

The Captivating Life Story of Judy Garland



Frances Ethel Gumm better known as Judy Garland was called "the greatest entertainer who ever lived" by Fred Astaire. Yet her glamorous life was often overshadowed by her troubles and marital problems. Was the Hollywood and/or MGM lifestyle really responsible for her hard times? Let's delve into the riveting real life story of this gifted star and separate truth from myth. Clips will be shown.

Manzano Mesa, Room 4
 Tuesday, October 18,
 10:00 am - 12:00 pm
 Presenter: Carol Venturini



The Entertaining and Unique Lives of the Marx Brothers

They were Chico, Groucho, Gummo, Harpo and Zeppo and they made America laugh. But who were they? Were they really related and what were their childhoods like and who or what compelled them to enter show business? Did they really get along with each other and where oh where did those names come from? In this presentation, we uncover the surprising lives of the Marx Brothers. Clips will be shown.

Palo Duro, Ponderosa
 Thursday, July 28, 10:00 am
 Presenter: Carol Venturini

Special Interest Science



Getting Men to the Moon: Behind-the-Scenes Stories

Nearly half a century ago, the world watched in awe as seven Apollo missions took twenty-one men to the moon and back. Next year, 2017, marks the forty-fifth anniversary of Apollo 17. This presentation reveals insiders stories of what it took to overcome challenges and accomplish triumphs in the Apollo program and its predecessors.

Manzano Mesa, Room 4
 Tuesday, September 20,
 10:00 - 11:00 am
 Presenter: Loretta Hall, Author



Take a computer class!
 See pages 14-17

Special Interest History & Genealogy, cont.
 Special Interest Science

Presentations

Senior Interest Science, con't.

How Many Planets Are Out There? - An Overview of Exoplanet Discoveries

Over the past decade, astronomers have identified thousands of planets outside our solar system. How are these planets found? How big are they? What do we know about their orbits? Have any earth-like planets been discovered? This presentation looks at these questions and what we know about these extra-solar planets.

Palo Duro, Ponderosa
Wednesday, August 24, 9:30 am
Presenter: Len Duda

The New Horizons Spacecraft at Pluto

The New Horizons spacecraft successfully flew by Pluto in July 2015 and has been slowly sending back the data from this encounter. This mission has given scientists new insights and questions about Pluto and its moons. This presentation will provide a summary of images and information on Pluto.

Palo Duro, Ponderosa
Wednesday, November 2, 9:30 am
Presenter: Len Duda

Special Interest Technology

Silver Cyber Safety

This presentation will provide basic foundation for adults and seniors to better understand how online predators target their select group, and how they can protect themselves against fraud, scams, malicious emails, identity theft, piracy and other cyber-crimes. Attendees will be provided with extensive resources and valuable contact information.

Manzano Mesa, Room 4
Tuesday, July 19, 10:00 - 11:00 am
Presenter: Office of the Attorney General

Special Services

Advanced Funeral Planning: A Thoughtful Decision

We take the time to plan big events in our lives: birthday parties, anniversaries, weddings, retirement.



often avoid planning for another big event - our funeral. Join us in a conversation about advanced planning and what that means for you and your loved ones.

North Valley, Room 3
Thursday, October 6, 10:00 - 11:00 am
Presenter: Amber Brooks, Daniels Funeral Services

Downtown Historic Walking Tour...without the walk

Each Saturday from 10 to noon, volunteers give talks on the history of Central from 1st Street to 2nd Street. This is a slide show version so that you can take an armchair virtual tour of the walk while sitting comfortably. We cover about 100 years of the city's history from the railroad's arrival in April of 1880 up to the mid 60's when most of the retail stores in town moved to the northeast heights. The City's history is explained in words and pictures.

Barelas, Lead/Coal
Wednesday, November 16, 9:00 - 10:30 am
Wednesday, December 14, 9:00 - 10:30 am
Presenter: Roland Penttila, Albuquerque Historical Society

Gambling, Fun or Folly?

What is the difference between people who enjoy gambling as entertainment and those who get trapped into compulsive gambling? This class will offer information about current issues with seniors who enjoy gambling and how to do so responsibly. What are the warning signs, and how can you avoid getting into trouble with gambling? Keep the fun in this form of entertainment! Join us for information and dialogue about this growing activity of gambling.

Bear Canyon, Room 5
Wednesday, August 3, 10:00 - 11:00 am
Presenter: Brenda Janzen, MA, LPCC Therapist, PeopleWorks-NM



Keep Albuquerque Beautiful

The presentation will go in depth about the importance of preventing litter, getting involved, and recycling, as well as how the Materials

Recovery Facility (MRF) separates the recycled material. Please join us to learn more about recycling.

Palo Duro, Ponderosa
Thursday, October 27, 10:00 am
Presenter: City of Albuquerque, Keep Albuquerque Beautiful

New Mexico's Stormy History

Did you know that Conquistador General Don Diego de Vargas led hundreds of Spanish pioneers to resettle New Spain's Kingdom of Nuevo Mexico after the 1680 Indian Revolt? That little-known colonial period brought peace and prosperity to both settlers and Native Indians in what later became New Mexico and parts of land grants to establish farms, ranches, and ultimately to populate villas that became cities such as Albuquerque, Santa Fe, and Taos.

Barelas, Lead/Coal
Thursday, July 21, 10:00 - 11:00 am
Presenter: Elmer Eugene Maestas

So You Want to Volunteer?

So you want to volunteer? Where do you start? There are more than 1,600 charitable and non-profit organizations in the Albuquerque area. If you are interested in using your talents to help others, please join us.

Barelas, Lead/Coal
Thursday, July 7
11:00 am - 12:00 pm

Palo Duro, Ponderosa
Thursday, December 1, 10:00 am
Presenter: Community Link

Whats and Whys of Funeral Planning

This WILL NOT be a French Funerals-Cremations sales presentation. We know you have choices and what we want to do is provide you the answers you need so you can make the best choice for you and your family.

Palo Duro, Ponderosa
Thursday, July 21, 10:00 am

Bear Canyon, Room 5
Wednesday, August 10, 10:00 - 11:00 am

Barelas, Lead, Coal
Thursday, August 18, 11:00 am - 12:00 pm
Presenter: Karla Barela, French Mortuary

Friendship Socials

Join us as we gather to meet new people and make friends. We have great conversations with each other as we share refreshments.

Coffee Socials

Armijo

Monday - Friday, 9:00 - 10:00 am

La Amistad

Monday - Friday, 9:15 - 10:00 am

Paradise Hills Community Center

Monday - Friday, 9:00 - 11:30 am

Raymond G. Sanchez Comm. Ctr.

Monday - Friday, 9:00 - 11:00 am

Rio Bravo

Monday - Friday, 9:00 - 11:00 am

South Valley Multipurpose Senior Center

Monday - Friday, 9:00-11:30 am

Taylor Ranch Community Center

Monday - Friday, 9:30 - 11:00 am

Tijeras Senior Center

Monday - Friday, 8:30 am - 1:00 pm

Whispering Pines

Monday, 10:30 - 11:30 am



Birthday Celebration

Armijo

Last Wednesday, 12:00 - 1:00 pm
Sponsored by Amerigroup

Arts & Craft Classes

Arm Quilting/Computerized Embroidery

Join us at our site that is located in the East Mountain area.

Whispering Pines

Monday & Friday, 12:00 - 2:30 pm



Learn CPR. See PAGE 43

Quilters Group

Join our newly formed quilters group. Bring your quilting projects as we work together.

Armijo

Friday, 12:30 - 2:30 pm

Paradise Hills Community Center

Tuesday, 10:00 am - 2:00 pm

South Valley Multipurpose Sr. Ctr.

Mon. - Thurs., 10:00 am - 4:00 pm

Taylor Ranch Community Center

Friday, 9:00 - 11:00 am

Free

Arts & Crafts

Join us as we work on various projects.

Paradise Hills Community Center

Monday, 10:30 - 11:30 am

Tijeras Senior Center

Tuesday, 10:30 am - 1:00 pm

Ceramics

Paradise Hills Community Center

Tuesday & Thursday, 9:00 am - 1:00 pm

Cost: \$15 fee per month covers the class fee and materials. Limited to 15 students per class.



Raymond G. Sanchez Community Center

Thursday

9:00 - 11:30 am

No charge for the class.

South Valley Multipurpose Sr. Center

Tues. & Thurs., 9:00 am - 4:00 pm

No charge for the class. Purchase slip, tools and paints - Cost: \$10/month.

Knitting/Needlework

Taylor Ranch Community Center

Wednesday 1:00 - 3:30 pm Free

Knitting/Crocheting

Paradise Hills

Monday - Friday, 9:30 - 11:30 am

Scrapbooking

Paradise Hills Community Center

Wednesday, 10:30 - 11:30 am

Bring 10 photos to class. You may want to pick a theme like a birthday party or a wedding, a vacation, grandchildren, etc.



Puzzles

Whispering Pines

Monday, Wednesday & Friday
9:00 - 11:00 am and 12:30 - 3:00 pm

Sewing

La Amistad

Monday - Friday, 9:00 am - 2:30 pm

South Valley Multipurpose Senior Center

Mon. - Thurs., 9:00 am - 4:00 pm

Thomas Bell Community Center

Call for day and time, 848-1333

Whispering Pines

Monday - Friday, 1:30 - 3:00 pm



Pottery

South Valley Multipurpose Senior Center

Wednesday & Friday, 9:00 - 11:30 am

There is no charge for this class. You must purchase your own clay, tools and paints.

Tin Smithing

South Valley Multipurpose Senior Center

Wednesday, 12:30 - 4:00 pm

There is no class fee. Please bring your own tools.

Wood Carving

South Valley Multipurpose Senior Center

Monday

8:30 - 11:30 am



Miscellaneous

Computer Lab

Paradise Hills Community Center
Monday - Friday, 9:00 am - 2:00 pm
E-mail & surf the web. No printing.

South Valley Multipurpose Center
Monday & Wednesday, 1:00 - 2:00 pm

Taylor Ranch Community Center
Monday - Friday, 9:00 am - 3:00 pm
(not available in June & July)

Bible Study

Paradise Hills Community Center
Wednesday, 12:00 - 1:30 pm

Line Dance

Tijeras Senior Center
Monday, 10:00 - 11:30 am



Inspirational Hour

South Valley Multipurpose Senior Center
Wednesday, 10:30 - 11:30 am
Sing gospel hymns and devotional hours.

Foreign Language

Conversational Spanish Group
Tijeras Senior Center

Thursday, 10:30 - 11:30 am
Informal and free of charge.

Matinee Movie

Weekly movies, free popcorn

Armijo
Tues., 12:00 - 2:00 pm

Tijeras Senior Center
Thursday, 1:00 - 3:30 pm



Trips

Walmart Shopping

Armijo
1st Thurs., 1:00 - 2:30 pm

Paradise Hills
1st Fri., 12:30 - 2:30 pm

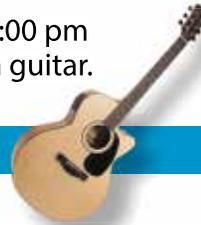


Go on a hunt for the best Green Chile Cheeseburger! See page 58

Music Classes

Guitar Beginning/Intermediate

Armijo
Mon. & Wed., 12:30 - 2:00 pm
Please bring your own guitar.
No class fee.



Classical Guitar

Tijeras Senior Center
Call for Information 286-4220

Intermediate Guitar

Tijeras Senior Center
Tuesday, 10:30 - 11:30 am

Karaoke

Armijo
Monday - Friday, Upon Request



Ukulele Hour

Tijeras Senior Center
Mon., 12:00 - 1:30 pm No class fee.
Must have own instrument.

Acoustic Jam/Beginners

Tijeras Senior Center
Tuesday, 12:00 - 1:30 pm
Join our informal jam session, any acoustic instrument welcome.

Music Sing and Sing-Along

Tijeras Senior Center
Thursday, 10:00 - 10:30 am



Live Music

Paradise Hills
Friday, 10:00 - 11:30 am
Music by our talented seniors.

Live Music & Dance

South Valley Multipurpose Senior Center
Tues., Thurs. & Fri., 9:30 - 11:30 am
Mon. & Wed., 10:30 - 11:30 am



Sports & Fitness

Pickleball

Raymond G. Sanchez Community Center
Tuesday, Wednesday, 1:00 - 3:00 pm

Paradise Hills Community Ctr. Gym
Monday - Friday, 10:15 am - 12:15 pm

Senior Basketball

Raymond G. Sanchez Community Center
Tuesday, 9:30 - 11:00 am

Taylor Ranch Community Center
Tues. & Thurs., 11:00 am - 1:00 pm

Open Weight Room

Cesar Chavez Community Center
Monday, Wednesday, Friday
4:30 pm

Fitness Room

South Valley Multipurpose Senior Center
Monday - Friday, 8:00 am - 12:00 pm
& 12:30 - 4:00 pm

Taylor Ranch Community Center
Monday - Friday, 8:00 - 11:00 am

Tijeras Senior Center
Call for Information, 286-4220



Tomando Control de su Salud

This Free 6 week course will be conducted in Spanish and is designed for those who have or care for someone who has a chronic health condition. The class leaders have chronic health conditions themselves. We will assist you in setting goals and help you make a step-by-step plan to improve your health and your life. Please call 873-6647 or 764-6474 for more information and to pre-register.





Stretching Time

Raymond G. Sanchez
Monday - Friday, 11:00 - 11:30 am

Taylor Ranch Community Center
Monday & Friday, 9:00 - 10:00 am
Wed., 8:30 - 9:30 am

Fitness Hour

Join us for an hour of exercise, utilizing a variety of fitness videos including cardio, yoga and Zumba.

Rio Bravo
Mon. & Wed., 10:30 - 11:30 am

Chair Exercise

Armijo
Monday - Friday, Upon Request

Paradise Hills Community Center
Mon, Wed, Fri, 10:00 - 10:30 am & 10:30 - 11:00 am
Instructor, Darleen Santiago

Yoga

Tijeras Senior Center
Wednesday, 10:45 - 11:30 am
No class fee. Students must supply own mat.

Whispering Pines
Monday, 10:30 - 11:30 am

ZUMBA

Paradise Hills Community Center
Tuesday, Thursday, 9:00 - 10:00 am
Cost: \$4/class or \$20/6-class card
Instructor, Tiffany Dickerson

South Valley Multipurpose Senior Center
Tuesday & Wednesday & Thursday,
Adv. 9:00 - 10:00 am
Beg. 10:00 - 11:00 am

Go hunting for the best Green Chile Cheeseburger! See Page 58



Games and Cards

Bingo at the Satellite Senior Centers

We love bingo. Join our fun with this game of chance and be the lucky person that yells out BINGO!!

Alameda, Mon - Fri, 10:00 - 11:30 am

Armijo, Mon - Fri, 10:00 - 11:30 am

La Amistad, Mon, Thu, 1:00 - 2:30 pm

Paradise Hills, Tue., Thurs., 10:00 - 11:15 am

Rio Bravo, Mon., Tues. & Thurs., 10:00 - 11:30 am

South Valley Multipurpose Center, Monday - Wednesday, 9:15 - 10:15 am

Tijeras, 1st & 4th Friday, 12:00 - 1:30 pm

Whispering Pines 3rd Wednesday, 1:00 - 2:00 pm



Duplicate Bridge

Taylor Ranch Community Ctr.
Monday, Thursday & Friday, 1:00 - 4:30 pm
Tuesday, 12:30 - 4:00 pm

Party Bridge (Intermediate Level Preferred)

Taylor Ranch Community Ctr.
Tuesday, 1:00 - 3:00 pm

Dominoes (Mexican Train)

Paradise Hills
Monday - Friday, 9:00 - 11:30 am

Card Games

Raymond G. Sanchez Community Center
Monday - Friday, 9:00 - 10:00 am & 12:00 - 1:00 pm
Uno, Poker, Black Jack etc.

Air Hockey

Raymond G. Sanchez Community Center
Monday, 9:00 - 10:00 am

Billiards

Paradise Hills Community Center
Monday - Friday, 9:30 am - 12:30 pm

Rio Bravo
Friday, 10:00 am - 12:00 pm

South Valley Multipurpose Senior Center
Monday - Friday, 9:00 am - 4:00 pm



Tijeras Senior Ctr.

Monday - Friday, 9:30 am - 3:30 pm

Whispering Pines

Monday, Wednesday and Friday, 9:00 am - 12:00 pm & 1:00 - 2:00 pm

Horse Shoes

Whispering Pines

Friday, 1:00 - 3:00 pm

Wii Bowling

Armijo

Mon. - Fri. Upon Request

Tijeras Senior Center

Wednesday, 10:00 - 11:30 am



South Valley Multipurpose Senior Center

Tuesday & Thursday, 8:30 - 11:30 am

Wii Time

Armijo

Monday - Friday, 9:30 - 11:00 am

Raymond G. Sanchez Community Center

Monday - Friday, 12:30 - 1:30 pm

Whispering Pines

Monday, Wednesday & Friday, 10:00 - 11:00 am

Board Games

Raymond G. Sanchez Community Center

Every other Tuesday 9:00 - 10:00 am

Rio Bravo

Friday, 10:00 - 11:00 am



Whispering Pines

Monday, Wednesday and Friday, 12:30 - 1:30 pm

T.O.P.S.

Tijeras Senior Center

Tuesday, 10:00 - 11:30 am



SPORTS COMPETITIONS

Pick up a 50+ Sports & Fitness Catalog for registration forms and details about any of these competitions.



**Call
880-2800**



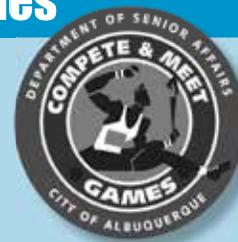
Most activities are free with membership unless otherwise noted.

The 2016 "Compete and Meet" Games

Join us for Compete & Meet Games

Bench Press Competition

Saturday, October 15 10:00 am
North Domingo Baca Multigenerational Center



WALKING

Walk About Albuquerque

Participants will learn the benefits of walking, safety tips, and different types of walking techniques, how to use a pedometer and walking poles. The program will explore the Albuquerque on your feet. The \$15 cost includes a pedometer, walking charts, handouts, an experienced guide and transportation!

Walk About Tuesday

Week 1: A Blossoming Adventure

Walk the Botanical Park while learning how to walk for the health of it.

Week 2: Train to Bernalillo

An historical tour of old Bernalillo ride on the Rail Runner.

Week 3: Nob Hill

Learn about the architecture of this historical area of Albuquerque.

Week 4: The Albuquerque Bosque

Discover the natural side of Albuquerque.

Week 5: Take a Walk on the Wild Side!

Walk among the animals and be Wild!

Week 6: Plaza to Plaza

Civic Plaza to Old Town Plaza. 250 years of Albuquerque history.

Walk About Session II: August 23 - September 27, 2016

Walk About Thursday

Thursday Walks

New and exciting walking destinations coming soon!

Please call the Palo Duro Sports & Fitness Center for more info.

Walk About Session II:

August 25 - September 29, 2016

Walk Abouts

Palo Duro 50+ Sports & Fitness Center,
3351 Monroe NE

Tuesday and Thursday;

Trip departure times vary from 7:00 - 8:45 am, depending on destination.



Badminton Practice & Play

Badminton is beneficial to your physical and mental well being, while challenging your mind, reflexes and stamina.

Manzano Mesa, Gym
Monday, 1:30 - 4:00 pm
Tuesday, 6:00 - 8:50 pm
Thursday, 7:00 - 8:50 pm
Friday, 1:00 - 4:00 pm



Wells Park
Tuesday, Thursday, 1:30 - 3:30 pm

Drop-In Basketball

Open/Drop-In Basketball is offered daily (Mon-Fri) at the times listed below. Teams form as participants show up and sign in. Schedules are subject to change.

Manzano Mesa, Gym (west court)
Monday, Tuesday, Thursday, Friday,
11:00 am - 1:00 pm
Wed 11:00 am - 12:30 pm
Monday & Friday Evening 7:00 - 8:50 pm



Senior Men's Basketball

This group gathers to play some friendly, but competitive basketball, where teams are picked prior to the games.

Manzano Mesa, Gym, East Court
Monday, 11:45 am - 1:00 pm
Wednesday, 10:45 am - 12:30 pm
Tuesday, Thursday, Friday,
11:00 am - 1:00 pm
Schedules are subject to change.



50+ Sports & Fitness Program Fitness Hiking

Hikes vary from easy/moderate A/B hikes to the more challenging C/D level hikes. We offer descriptions so that you can select to your ability. Bring your own lunch, snacks and drinks. 5¢ per mile, space is limited, prepayment is required. Sign up at Palo Duro Sports and Fitness.

Center Hiking & Treks

Enjoy these intermediate level hiking trips and less demanding treks year round. Schedules are available at front desk of host centers. 5¢/mile.

Los Volcanes
Friday (Every other), 8:00 am - 4:00 pm

North Valley
Thursday (Every other),
8:00 am - 4:00 pm

Palo Duro
Tuesday (Every other), 8:00 am
Marilyn Warrant
Saturday, 9:00 am
Sue Palletier

Pickleball

Barelas
Monday, 1:30 - 3:30 pm

Los Volcanes
Monday, Wednesday, 9:30 - 11:00 am,
1:30 - 3:30 pm

Manzano Mesa
Thursday, 2:00 - 4:00 pm
Saturday, 9:00 - 11:00 am

Pickleball Training

Manzano Mesa
Tuesday, Thursday, 9:15 - 11:00 am
Saturday, 12:30 - 2:50 pm



Silver Shufflers

When was the last time you had a good, competitive game of shuffleboard? Come join this group for an afternoon of fun and excitement.

Manzano Mesa
Tuesday, 1:00 - 4:00 pm

Table Tennis

Practice and Play

Since its inception in 1880s England, as an after-dinner amusement for upper class Victorians, this sport has grown into an international favorite.

Manzano Mesa, Game Room
Monday - Friday,
8:00 am - 8:50 pm
Saturday, 9:00 am - 2:50 pm



Volleyball Pick-up Games

Drop-in volleyball matches.
Manzano Mesa, Gym
Monday, Friday, 5:00 - 7:00 pm



Fitness/Exercise

Adapted Aquatics

Taught at the University of New Mexico Therapeutic Pool (92° water), participants are led through a series of range of motion exercises that will increase joint mobility and develop muscular strength. Pre-Registration is required.

Session 1: Monday, Wednesday, Friday
9:00 - 10:00 am
Cost: \$12/month. (3 classes/wk) donation, Cost: 50¢ for transportation (Provided from all 6 Senior Centers)

Session 2: Monday, Friday
1:15 - 2:15 pm
Cost: \$8/month (2 classes/wk.) donation, Cost: 50¢ transportation (Provided from all 6 Senior Centers and Vista Grande Community Center)

Session 3: Tuesday, Thursday
9:00 - 10:00 am
\$8/month (2 classes/wk.) donation, Cost: 50¢ transportation (Provided from Palo Duro 50+ Sports & Fitness Center)

NOTE:

Fitness Center for 50¢, and from varied meal sites. The multigenerational centers will not be transporting clients. Self-Drivers are also welcome, but must pre-register.

Aerobics

These low impact aerobics classes are for beginners to advanced exercisers, everyone works at their own pace.

Joe O. Armijo, Los Volcanes 50+ Sports & Fitness Center, Aerobic Room
Monday, Wednesday, Friday
8:00 - 9:00 am

Highland, Social Hall
Monday, Wednesday, Friday, 9:00 - 10:00 am

Manzano Mesa, Gym
Monday, Wednesday, 8:15 - 9:15 am
Friday, Social Hall 8:15 - 9:15 am
50¢ suggested contribution

Badminton · Basketball · Hiking · Pickleball
Shuffleboard · Table Tennis · Volleyball · Fitness/Exercise

Sports & Fitness

Aerobics, Con't.

Palo Duro, Gym
 Monday, Wednesday, Friday
 8:15 - 9:15 am
 Friday, Social Hall 8:15 - 9:15 am
 50¢ suggested contribution



Body Fat vs. Muscle

The goal for optimal health is reducing body fat while increasing muscle. Visit us for a free assessment.

**Joe O. Armijo, Los Volcanes
 50+ Sports & Fitness Center**
 3rd Tuesday
 8:00 am - 6:00 pm

North Domingo Baca
 Multigenerational Sports & Fitness
 Center
 4th Wednesday
 8:00 am - 7:00 pm

Palo Duro Sports and Fitness
 4th Wednesday
 7:30 am - 6:00 pm

Body Works plus Abs

A full body workout includes warm up, core work and stretches. This class is done with the use of light weights or elastic bands, high repetitions, with low impact rhythmic movements and modifications. This class is designed to sculpt lean muscle.

North Domingo Baca, Aerobics Room
 Wednesday
 3:45 - 4:45 pm
 50¢ suggested contribution

Cardio Blast

Increase lean muscle mass while burning calories to strengthen and tone your body. This class will incorporate circuit style cardio exercises and exercises using body weight, stability balls and weights with an emphasis on core strength.

North Domingo Baca,
 Aerobics Room
 Monday
 3:45 - 4:45 pm
 50¢ suggested contribution

Dance Aerobics

Quick paced, high energy, core strengthening routines set to great music! No experience is necessary.

**Joe O. Armijo, Los Volcanes
 50+ Sports &
 Fitness Center, Aerobic Room**
 Tuesday, Thursday 5:30 - 6:30 pm
 Wednesday, 10:30 - 11:30 am
 Instructor: Julie
 50¢ suggested contribution

Hard Core Abs

This is an energetic core workout for all ages and fitness levels, with the use of multiple types of exercises and equipment. You will feel the burn in 30 minutes and see the results in no-time.

North Domingo Baca,
 Aerobics Room
 Friday
 4:00 - 4:30 pm
 50¢ suggested contribution



Core Fundamentals

Improve core muscle function, look fitter and trimmer, build flexibility, strength and endurance using hula hoops and abdominal exercises.

**North Domingo Baca, Aerobics
 Room**
 Saturday, 12:00 - 1:00 pm
 Instructor: Lynn
 \$5 class

Fit X Press

Build total-body strength, sculpt muscles, and blast fat, increase energy, increase flexibility improve posture and improve overall health.

**North Domingo Baca, Aerobics
 Room**
 Monday, Wednesday, Friday
 8:15 - 8:45 am
 50¢ suggested contribution

PUSH

Athletic Circuit training utilizing kettle bells, jump ropes, speed ladder, and other equipment, in conjunction with calisthenics, plyometric, and isometric movements.

North Domingo Baca, Aerobics Room
 Tuesday, Thursday, 12:00 - 1:00 pm
 Instructor: Jon
 \$5 suggested contribution

REFIT

Combines several elements of fitness into one power-packed hour. While the focus is structured around Cardio-Dance movements, toning and flexibility, strength training and stretching are also incorporated into the REFIT workout. The workout formula is easy to follow and will both challenge fitness enthusiasts and welcome beginners.

Manzano Mesa, Social Hall
 Tuesday, Thursday, 6:00 - 7:00 pm
 Instructor: Leticia Baily
 \$40 Punch Card for 10 Classes,
 \$5 for drop in class

EnhanceFitness

Improve balance, flexibility, bone density, coordination, endurance, alertness, strength and help with fall prevention, in this evidence-based senior fitness class. A base-line assessment will be conducted at the start and you will be pleased with the gains you have made at the 16-week assessment.

North Valley, Social Hall
 Monday, Tuesday, Friday,
 8:15 - 9:15 am

**Joe O. Armijo, Los Volcanes
 50+ Sports & Fitness Center,
 Aerobic Room**
 Monday, Wednesday, Friday, 1:00 -
 2:00 pm
 Instructor: Dee

Jazzercise

Enjoy a full hour of fat-burning and muscle-sculpting strength training. This is a high intensity workout that mixes dance-based cardio with strength training. Transform your body, boost your mood and ignite your energy!

North Domingo Baca, Aerobics Room
 Monday, 10:45 - 11:45 am
 Tuesday, Thursday, 8:00 - 9:00 am
 Wednesday, Friday, 12:15 - 12:45 pm
 Saturday, 9:15 - 10:15 am
 \$5 class

Flex & Tone

Elongate and strengthen your muscles, increase flexibility, improve posture and develop a strong core.

Joe O. Armijo, Los Volcanes 50+ Sports & Fitness Center, Aerobic Room
 Tuesday, Thursday, 8:00 - 9:00 am

Highland, Room 8
 Tuesday, Thursday, 8:15 - 9:15 am

Manzano Mesa, Gym
 Tuesday, Thursday 8:15 - 9:15 am

North Domingo Baca, Aerobics Room
 Tuesday, Thursday, 9:15 - 10:15 am

Palo Duro, Mesquite Room
 Tuesday, Thursday, 8:00 - 9:00 am
 50¢ suggested contribution



Fitball

Target and challenge core muscles with stabilizing and balance exercises. Increase strength, sculpt, define and tone your body.

Joe O. Armijo, Los Volcanes 50+ Sports & Fitness Center, Aerobic Room
 Monday & Friday, 10:30 - 11:30 am
 50¢ donation

Manzano Mesa, East Social Hall
 Friday, 4:45 - 5:45 pm
 Instructor: Ann
 \$2.50

Gentle Exercise

Done mostly in a chair we use weights, balls and bands to focus on strength building with resistance.

Joe O. Armijo, Los Volcanes 50+ Sports & Fitness Center, Aerobic Room
 Monday, Wednesday, Friday
 9:15 - 10:15 am

Barelas, Social Hall
 Tuesday, Friday, 10:15 - 10:45 am



Highland, Social Hall
 Monday, Wednesday, Friday,
 10:00 - 11:00 am

Manzano Mesa, Gym
 Monday, Wednesday, Friday,
 9:30 - 10:30 am

North Domingo Baca, Aerobics Room
 Monday, Wednesday, Friday, 9:30 - 10:30 am

Palo Duro, Mesquite Room
 Monday, Wednesday, Friday,
 9:30 - 10:30 am
 50¢ suggested contribution

Get Moving Aerobics

Join this group fitness cardio class, which incorporates high and low impact choices in an effective workout to burn more fat, use calories, and meet your fitness goals.

Manzano Mesa, Social Hall
 Monday, Wednesday, 5:00 - 6:00 pm
 Instructor: Ann
 \$2.50 or \$20/month



Pilates

Learn the value of core stabilization, muscle balance and proper alignment while integrating the concept of mindfulness, fluidity and grace.

Joe O. Armijo, Los Volcanes 50+ Sports & Fitness Center, Aerobic Room
 Tuesday, Thursday, 10:45-11:45 am
 Instructor: Rita
 \$3

Barelas, Lead/Coal
 Tuesday, 8:30 - 9:30 am
 \$2 suggested donation
 Instructor: Richard

North Domingo Baca, Aerobics Room
 Tuesday, 6:00 - 7:00 pm
 50¢ suggested contribution

North Valley, fitness center
 Thursdays, 8:30 - 9:30 am
 \$2 suggested contribution

Salsarobics

Spice up your workout with this energetic, fun and sizzling workout; learn the fundamentals of Latin dance such as Salsa, Merengue, Bachata, Brazilian Samba and always sexy Cha Cha. Fitness shoes or Dance shoes required.

Los Volcanes, Social Hall
 Thursday, 5:30 - 6:30 pm
 Saturday, 9:30 - 10:30 am

T.N.T Dynamite

Trim and Tone your body with this class designed to fit your own individual needs and abilities. You will work at your own pace towards improving strength, stamina, and muscle tone with a variety of exercise moves and equipment.

Joe O. Armijo, Los Volcanes 50+ Sports & Fitness Center, Aerobic Room
 Monday, Wednesday, Friday, 11:45 am - 12:45 pm
 Instructor: Andriana
 \$1.50 class

Bear Canyon, Social Hall
 Monday, Wednesday, Friday
 9:30 am - 10:30 am

Zumba

Zumba fuses Latin rhythms and easy-to-follow moves to create a fitness program that will blow your mind.

Manzano Mesa, East Gym
 Saturday, 11:15 am - 12:15 pm
 Thursday, 6:00 - 7:00 pm

North Valley, Fitness Center
 Tuesday, 5:30 - 6:30 pm
 \$3

Zumba Gold

This class is designed for the active older adult. It fuses Latin rhythms and easy-to-follow moves.

Joe O. Armijo, Los Volcanes 50+ Sports & Fitness Center, Aerobic Room
 Tuesday, Thursday, 9:30 - 10:30 am

Zumba Gold, con't.

Manzano Mesa, Gym
Monday, Wednesday, 10:45 - 11:45 am
Instructor: Dee
\$2

North Domingo Baca, Aerobics Room
Monday, 12:30 - 1:30 pm
Instructor: Marta
\$2

Zumba Gold Toning

Manzano Mesa
Friday, 8:00 - 9:00 am
Instructor: Dee
\$2

Weight Training



Equipment Orientations

Get more energy and increase muscle tone and bone density! Sleep and feel better! Attend a free orientation and learn the fundamentals of weight training, with the proper set-up and use of our exercise machines. Orientations are by appointment only.

Joe O. Armijo, Los Volcanes 50+ Sports & Fitness Center
Appointments: 505.767.5990

Manzano Mesa Multigenerational Sport & Fitness, Fitness Room
Appointment: 505.275.8731

North Domingo Baca Multigenerational Sports & Fitness Center, Fitness Room
Appointment: 505.764.6496

North Valley, Fitness Center
Appointment: 505.767.5990

Palo Duro, 50+ Sports & Fitness Center
Appointment: 505.880.280

Fitness Facilities

Our fitness facilities are equipped with strength training and cardio equipment. A \$13 per year membership fee entitles you to full privileges. There is a contribution of 50¢ per visit. Free equipment orientations are available by appointment.



Joe O. Armijo, Los Volcanes 50+ Sports & Fitness Center
505.767.5990, 6500 Los Volcanes, NW

Palo Duro 50+ Sports & Fitness Center
505.880.2800, 3351 Monroe, NE

Manzano Mesa Multigenerational Sports & Fitness Center
505.275.8731, 501 Elizabeth, SE
(Must be 18 years of age and older)

North Domingo Baca Multigenerational Sports & Fitness Center
505.764.6496, 7521 Carmel, NE
(Must be 18 years of age and older)

North Valley 50+ Sports & Fitness Center
505.761.4025, 3825 4th Street NW

Basics with Free Weights

For novice weight lifters or those interested in getting started. This is the second stage of our Equipment Orientations where you'll learn safe use and technique when using free weights. Expand your knowledge and tools in efforts to reach your fitness goals.

Joe O. Armijo, Los Volcanes 50+ Sports & Fitness Center
Call 505.767.5990 for schedule

North Domingo Baca Multigenerational Sports & Fitness Center
Call 505.767.6496 for schedule

Self Defense / Eastern Traditions

Aikido

This is a non-aggressive style of martial arts working on the principle of "do not fight force with force." Redirect the attacker's energy and use it to your favor.

North Domingo Baca, Aerobics Room
Tuesday, Thursday, 7:15 - 8:30 pm
Instructor: Charles
Wednesday, 6:30 - 7:45 pm
Instructor: Charles
\$4

Dahn Mu Do (Korean T'ai Chi)

This class integrates mind-body training method that combines deep stretching exercises, meditative breathing techniques and energy awareness training. It is easy and simple enough for anyone to learn, yet challenging for even the most advanced practitioner.

North Domingo Baca, Aerobics Room
Saturday, 10:30 - 11:45 am
Instructor: Lynn
\$5

Iron Olympian Karate

Develop physical strength, discipline, balance, coordination and self-esteem. Class includes breakaway techniques and safety awareness.

Manzano Mesa, Room 4
Tuesday, Wednesday, 6:00 - 8:00 pm
Instructor: Chris



Kendo Kai

Meaning "Way of The Sword," is a modern Japanese martial art, which descended from traditional swordsmanship (kenjutsu) and uses bamboo swords (Shinai), and protective armor. It is a physically and mentally challenging activity that combines martial arts practices and values with sport-like strenuous physical activity.

Manzano Mesa, East Social Hall
Friday, 6:00 - 8:00 pm
Instructor: Davis

Personal Defense Club, Close Quarter Combat

Provides a place to learn, teach and practice personal fighting skills. It is not associated with any traditional Asian art or sport.

Manzano Mesa, Room 4
Monday, 7:00 - 9:00 pm
Instructor: Dr. Sean Ross
\$10 per month

T'ai Chi

A class using slow, gentle movement to build health & balance, helps reduce stress and heal from injuries. Presented in a brief way to balance the whole self: physically emotionally and spiritually. Not meeting 1st Friday.

Los Volcanes, Room 2
Wednesday, 12:15 - 1:15 pm
Instructor: Kay

North Domingo Baca, Aerobics Room
Tuesday, 10:30 - 11:30 am
Instructor: Theresa

Palo Duro, Ponderosa Room
Friday 9:30 - 10:30 am
Instructor Sifu Ty
\$5



T'ai Chi Chih

T'ai Chi Chih is a series of easy, gentle movements that balance the internal energy (Chi). It is often called a moving meditation and the benefits of this practice can include improved balance, flexibility, stamina, and regulation of stress blood pressure and weight.

Palo Duro, Ponderosa Room

Beginning: Wednesday, 3:15-4:15pm
Session I: July 20 - September 14
(Skip August 17)
Session II: September 21 - November 16
(Skip November 9)

Continuing: Wednesday, 4:30-5:30 pm
Session I: July 20 - September 14
(Skip August 17)
Session II: September 21 - November 16
(Skip November 9)
Session III: November 30 - December 21
\$60 for 8 weeks, payable at first class

T'ai Chi Ch'uan

Beautiful flowing movements improve balance, lower high blood pressure, increase bone density and cultivate chi, or internal energy. Tai Chi reduces stress and arthritis pain, significantly improves brain size, improves motor control in Parkinson's, and may delay the onset of Alzheimer's Disease. Recent studies show T'ai Chi is anti-aging. Cultivate your chi for a long and happy life!

Join us for a Pie Social
See Page 21



T'ai Chi Ch'uan, cont.

Barelas, Lead/Coal
Wednesday, 9:30 - 10:30 am
Instructor: Sihing Ilene
\$5

Highland, Social Hall
Thursday, 9:30 - 10:30 am
Instructor: Sifu Ty

Los Volcanes, Room 2
TBA
Instructor: Sifu Ty
\$5

Manzano Mesa, East Social Hall
Tuesday, 9:30 - 10:30 am
\$5 donation

North Domingo Baca, Room 1
Friday, 11:30 am - 12:30 pm
Instructor: Sifu Ty
\$5

North Valley, Room 1 and 2
Monday, 9:30 - 10:30 am
Instructor: Sifu Ty
\$5

Tai Chi Chuan Intermediate Class

Tai Chi Chuan is a gentle ancient exercise from China that will improve your balance and enhance your overall health. This is a more advanced class than Tai Chi Chuan.

Highland, Social Hall
Thursday, 1:30 - 2:30 pm

Yoga

Yoga, Beginning

Improve posture and core strength, as well as reduce lower back pain and increase muscle flexibility.

Joe O. Armijo, Los Volcanes 50+ Sports & Fitness Center, Aerobics Room
Thursday, 2:30 - 3:30 pm, Saturday, 8:15 - 9:30 am
Instructor: Cece
\$3



Barelas, Lead/Coal
Monday & Thursday, 9:15 - 10:30 am

Bear Canyon, Multi-Purpose Room
Friday, 1:30 - 3:00 pm
Instructor: Tiana

Highland, Room 8
Monday, 2:00 - 3:00 pm, Wednesday, 1:15 - 2:45 pm
Instructor: Mindy

Manzano Mesa, East Social Hall
Monday, 6:15 - 7:15 pm
Instructor: Ann
\$7

North Domingo Baca, Aerobics Room
Thursday, 10:30 - 11:45 am
Instructor: Mindy
\$5 donation

Palo Duro, Ponderosa
Monday, 9:00 - 10:00 am

Palo Duro, Mesquite
Wednesday, 5:15 pm - 6:15 pm
Instructor: L. Leyba
\$3

Yoga, Chair

Focus on alignment, breath, relaxation and core awareness by increasing strength, flexibility, mobility and building bone density.

Bear Canyon, Room 1
Monday, 10:00 - 11:00 am

Yoga, Dahn

Dahn Yoga is the yoga of stress relief. Increase flexibility, improve breathing patterns and concentration. Through committed practice class members can also manage problems with weight

North Valley, Social Hall South
Monday, Thursday, 3:15 - 4:15 pm
Instructor: David
\$3

Join a Poetry Group
See Page 31



Self Defense / Eastern Traditions, con't.



Yoga, Flow, Vinyasa Flow

Class focus is on precise alignment while building a pose, finding the ease in your pose as you build strength and flexibility.

North Domingo Baca, Aerobics Room
Monday, 5:45 - 7:00 pm
Instructor: Misa

North Domingo Baca, Aerobics Room
Thursday, 6:00 - 7:00 pm
Instructor: Keisha
\$5

Yoga, Gentle

For anyone new to yoga or desiring a slower paced class. Relaxation, breathing, and simple meditations will be explored and support equipment will be used. Increase range of motion and muscle tone.

North Domingo Baca, Aerobics Room
Wednesday, 5:00 - 6:00 pm
Instructor: Pam
\$5

Palo Duro, Aspen
Wednesday, 9:00 - 10:00 am
Instructor: Karin

Yoga Hatha

Manzano Mesa, Room 5
Wednesday, 9:00 - 10:00 am
Instructor: Dee

Yoga Hatha Plus

(plus core body-work)

Manzano Mesa, Room 5
Friday, 9:00 - 10:00 am
Instructor: Janet

Yoga, Kundalini

Manzano Mesa, Room 4
Wednesday, 10:10 - 11:10 am
Instructor: Sueshila

Yoga, Laughter

In laughter yoga sessions we will teach you to laugh without a reason, without relying on humor, jokes, or comedy. We initiate laughter as an exercise using eye contact and child-like playfulness.

It is called Laughter Yoga because it combines laughter exercises with yogic breathing. This brings more oxygen into your body and brain making you feel more energetic and healthy. Laughter is great exercise and a great stress reliever. Laughter is contagious!

Bear Canyon, Multi-Purpose Room
Friday, 12:30 - 1:15pm
Instructor: Barbara

Manzano Mesa, Room 3
Saturday, 9:00 - 10:00 am
Instructor: Kathleen

Other Classes

All-Star Youth Karate

For ages 4-16, this karate/self-defense program covers martial art techniques, emphasizing self-defense and child safety awareness.

Manzano Mesa, East Social Hall
Wednesday, 6:00 - 9:00 pm
David Vigil, to register: 505.899.1666



Chair Massage Therapy

Choice of seated massage in a regular chair, wheelchair, or a massage chair. Natural non-invasive pain relief. Benefits include improved posture and range of motion, reduced anxiety and stress, increased sense of well-being. Massage done for a nominal fee.

Bear Canyon, Lobby
Monday, 11:00 am - 2:00 pm

North Valley, fitness center
1st, 3rd Wednesday,
9:00 am - 12:00 pm
Ellen, LMT 6535, APP`
Donation

Exercise for Parkinson's

Parkinson's Wellness and Recovery is an effective and fun way to gain flexibility, coordination, strength and improve balance. These exercises also improve attention and mental focus. It is also a fun way to exercise!

North Valley, Fitness Center
Wednesday, 2:00 - 3:00 pm
Instructor: Belinda

Reflexology Massage Therapy

Reflexology is a hands on modality that relaxes and restores the body by working the hands and/or feet or hands.

North Valley, Fitness Center
2nd, 4th Wednesday, 9:30 - 11:00 am



TVE Wellness Qi Gong

This is a health & healing low-impact exercise class using fluid Qi-Gong techniques to improve energy, balance, strength, and range of motion for all ages & abilities by focusing and building on all aspects of the body through a step-by-step teaching method. This is a low-impact, easy entry exercise program for healing and prevention. Enjoy learning beautiful fluid motions that get every part of your body moving, from your fingers to your toes while gaining the benefits of increased energy, lower stress, and greater mobility, balance, and flexibility. TVE Wellness is the alternative exercise program that suits your needs no matter the age or capability. We modify the motions to match your ability and then progress further until we see greater results. Join now to enjoy the rewarding and fun program of TVE Wellness.

Bear Canyon, Multi-Purpose Room
Thursday, 10:00 - 11:00 am

Manzano Mesa, E. Social Hall
Thursday, 8:30 - 9:30 am

North Valley, Fitness Center
Wednesday, 9:00 - 10:00 am
Instructor: Dimitri
\$2 senior, \$5 adult

Trips

Trip Policies

- To register for trips, present your membership card or give your card information with your payment.
- Make checks payable to the City of Albuquerque
- Cancel at least 3 days in advance.
- For overnight, day trips, or performances that require an advanced payment, a refund will be provided if a replacement is found.
- Meals are at your expense.
- Remain with group for the entire trip.

- Return times are approximate.
- We require a two-week notice for special accommodations.
- Mileage charges for van use are 5¢ per mile per person and may include driver costs.
- Refunds: Original receipts should be presented to receive approved refunds. No refunds on trips costing \$1.00 or less. Form of payment used to pay for trip will be refunded in same manner.

The City of Albuquerque Department of Senior Affairs, Center Policies and Procedures, Section 3.4-N, stipulates that anyone who goes on a Center-sponsored outing must "sign the Trip Release Form before leaving the Center". If an individual chooses not to sign the form, he or she will forfeit the opportunity to go on the outing and a refund will not be given.

DATES to sign up for trips:

Tuesday, January 5 - July - September
For July - September: trips registrations/presentations will be available for sign up.

Tuesday, September 6
For October - December: trips registrations/presentations will be available for sign up.

Registration for trips starts at 9:00 am on designated days.



Trip to Los Golondrinas

Monthly Trips

Monthly Trips

Ride & Glide w/Ron

Enjoy fun-filled trips to mystery destinations. Ron will see to it that you have a wonderful time just exploring the natural beauty of our state. Enjoy a delicious lunch at a local restaurant.

Bear Canyon

Wednesday, July 20
Thursday, August 18
Monday, September 19
Monday, October 17
Wednesday, November 9
Thursday, December 1
Check In: 8:00 am
Return: 4:00 pm approximately
\$6.50 transportation, plus 5¢ per mile if trip exceeds 100 mile, transportation cost paid upon return.

Lunch Bunch

Visit a variety of restaurants in and around town and enjoy a wonderful meal with old and new friends.

Bear Canyon

Thursday, July 28
Thursday, August 25
Thursday, September 22
Thursday, October 27
Thursday, November 17
Thursday, December 15
Check In: 10:45 am
50¢ transportation



Out-To- Dinner

Experience the ambiance and fare at a variety of area restaurants while enjoying the company of friends.

Bear Canyon

Monday, July 11
Monday, August 1
Monday, September 12
Monday, October 3
Monday, November 7
Monday, December 5
Check In: 4:45 pm
50¢ transportation

Ride & Roam with Ron

The destination is a mystery but be assured you are in for an adventure.

Palo Duro

Tuesday, July 26
Wednesday, August 3
Thursday, September 15
Tuesday, October 25
Wednesday, November 23
Wednesday, December 7
Check In: 8:00 am • Return: 4:00 pm approximately
5¢ per mile transportation cost paid upon return

Enchanted Journeys with Shannon

We'll visit a mystery destination that's sure to be lots of fun, followed by lunch at a nearby restaurant.

Barelas

Tuesday, August 2
Friday, October 7 (Bring Sack Lunch for this trip)
Thursday, November 10
Wednesday, December 7
Check In: 8:15 am • Return: 4:00 pm
\$12 transportation
Lunch at your own expense.

Mystery Destination with Shannon

We'll be visiting a mystery destination that's sure to bring lots of fun, followed by lunch at a nearby restaurant.

Highland

Wednesday, December 28
Check In: 9:00 am • Return: 5:00 pm
\$12 transportation

There is a center close to you!

Center memberships are only \$13 a year!

See
page
3



Trips

Palo Duro presents...

A "Fare" to Remember

Trips leave Palo Duro. Sign up at the front desk. Meals at your own expense.

Home Run Pizza - Los Alamos

If you are in the mood for delicious pizza, this original Pizzeria of Los Alamos will not disappoint you. Afterwards we will visit the Farmer's Market where we can shop for locally grown fresh vegetables.

Thursday, July 14

Check In: 8:00 am • Return: 4:00 pm
\$10.50 transportation

Shorty's Bar Be Cue - Moriarty

The menu consists of broasted chicken, fried okra, barbecue pork, mac and cheese or ribs. After lunch we will visit the Schwebach's farm market where we can purchase fresh home grown produce.



Tuesday, August 23

Check In: 9:45 am • Return: 4:00 pm
\$5 transportation

Luminaria - Santa Fe

Located inside the Inn and Spa at Loretto, this restaurant and patio offers both casual sophistication and rustic charm. The menu highlights flavors of NM with a global flare, sourcing from the freshest local and regional ingredients.

Thursday, September 29

Check In: 8:00 am • Return: 4:00 pm
\$7.50

WOW Diner - Milan

This diner is a modern replica of the classic 1950's rail-car style with

comfortable booths and a varied menu offering creative twists on diner food.

Thursday, October 20

Check In: 9:30 am • Return: 4:00 pm
\$10 transportation

El Parasol - Santa Fe

This Santa Fe, family owned restaurant offers a NM menu including many of our favorite green chili dishes.

Monday, November 14

Check In: 9:45 am • Return: 4:00 pm
\$6.50 transportation

Green House Rotisserie - Los Lunas

Offering a varied menu, they are known for their herb rotisserie chicken, soups & salads. Using the freshest ingredients producing regional cuisine.

Wednesday,

December 14

Check In: 9:45 am
Return: 4:00 pm
\$4.50 transportation



ON THE HUNT FOR THE BEST GREEN CHILE CHEESEBURGER

New Mexico didn't invent the hamburger, but we're the ones who added green chile and made it hot! No state is more passionate about its burger. Join us on our hunt to various locations over the next few months. You be the judge! You'll also get to visit various nearby attractions as an added bonus!



Barelas

September

Saturday, September 3

Check In: 6:45 am • Return: 6:30 pm

Restaurant – Sparky's - Hatch

Attraction – Hatch Valley Chile Festival

\$22 transportation

October

Saturday, October 8

Check In: 8:00 am • Return: 5:00 pm

Restaurant – Los Ojos Restaurant -

La Cueva

Attraction – Gilman Tunnels -

Jemez Pueblo

\$8 transportation



Manzano Presents... Diners, Drive-In, and Dives Duke City Hot Spots

If you did not know several of Albuquerque's local restaurants have been featured on Diners, Drives-Ins and Dives (Triple D) where host Guy Fieri takes a cross-country road trip to visit some of America's classic "greasy spoon" restaurants. Let's dine at some of his local finds!

Bocadillos

A carry out sandwich shop featuring slow roasted meats and use of local produce make this place a sandwich lover's haven.

Manzano Mesa

Wednesday, July 20

Check In: 10:45 am

• Return: 2:00 pm

\$2 transportation

The Cube BBQ

Everything is made from scratch, real home cooking pulled pork, briskets, mashed sweet potatoes, candied yams, collard greens, burgers and sandwiches are just a few of their specialties.

Manzano Mesa

Tuesday, August 23

Check In: 10:45 am

• Return: 2:00 pm

\$2 transportation

**Diners,
Drive-In,
and Dives,
con't.**



Torino's at Home

Torino's offers authentic northern Italian dishes, beginning with fresh pasta and slow cooked meats and sauces that pack in the flavor.

Manzano Mesa

Thursday, September 29
Check In: 10:45 am • Return: 2:00 pm
\$2 transportation

Eli's Place

Offers a no fills atmosphere and lots of surprise; known for Duck enchiladas and pancakes with honey butter and scallop tacos.

Manzano Mesa

Friday, October 28
Check In: 10:45 am • Return: 2:00 pm
\$2 transportation

Monte Carlo Steakhouse

A family restaurant that's cooked up home dishes for decades, so good some dishes sell out.

Manzano Mesa

Tuesday, November 29
Check In: 10:45 am • Return: 2:00 pm
\$2 transportation

Standard Diner

Situated along historic Route 66 was once a car dealership and is now home to local favorite eatery, serving up classic diner fare with unusual and flavorful twists.

Manzano Mesa

Thursday, December 15
Check In: 10:45 am • Return: 2:00 pm
\$2 transportation

DAY TRIPS

JULY

Purple Adobe Lavender Farm Festival



Purple Adobe Lavender Farm will have many things to peak your interest. There is no entrance fee, just come and enjoy the lavender gift shop and fabulous local artists. Enjoy a tour through the lavender fields and learn about the farm story and about lavender, visit the tea house where lunch will be served, and yummy scones and desserts are served along with lavender teas, lavender fudge, lavender gelatos all made fresh at the farm. Take a walk through the labyrinth, stroll to the river, or just sit under the giant cottonwood trees. Any way you look at it there is plenty to do at the lavender farm.

Manzano Mesa

Saturday, July 9
Check In: 8:00 am • Return: 6:00 pm
\$14 transportation

North Valley

Saturday, July 9
Check In: 8:00 am • Return: 6:00 pm
\$14 transportation

Cochiti Pueblo (Feast Day)

The Cochiti people are noted for their hospitality and friendship towards visitors who are welcomed to many of the annual ceremonies for which Cochiti is famous. San Buenaventura's Day in July. This is marked by dancing and

ceremonies of traditional pattern and authentic costumes.

North Valley

Thursday, July 14
Check In: 8:00 am • Return: 4:00 pm
\$6 transportation

¡Viva Mexico! Celebration

Enjoy música, arte and más at this celebration of the culture, cuisine and crafts of our colorful neighbor. Featuring music, arts and food from Mexico. Cultural events rarely experienced outside of Mexico!



North Valley

Saturday, July 16
Check In: 9:00 am • Return: 5:00 pm
\$6 transportation

Albuquerque Isotopes Baseball

Join us as our Isotopes take on Memphis in minor league action. This is a day game.



North Domingo Baca

Thursday, July 21
Check In: 10:30 am
Return 5:00 pm
\$12 transportation and admission

Old Windmill Dairy

As we enjoy samples of their award winning and popular goat cheese, owners Ed and Michael Lobaugh will recount their history in opening

their successful goat farm dairy goat farm. Afterwards, we will have lunch at a local restaurant

Palo Duro

Thursday, July 21
Check In: 9:15 am
Return 4:00 pm
\$8 transportation and \$10 Admission.



NM Jazz Festival: Django Festival Allstars

Come watch popular jazz artists the Django Festival Allstars, on the Old Town Gazebo, as a part of the 2016 New Mexico Jazz Festival. This one of a kind festival brings together incredible jazz artists to the Land of Enchantment.

Manzano Mesa

Saturday, July 23
Check In: 12:00 pm • Return: 5:00 pm
\$2 transportation

Santa Ana Feast Day

Come and join us as we visit Santa Ana Pueblo on their feast day. Enjoy corn dancers, arts & crafts, food booths and more.

Los Volcanes

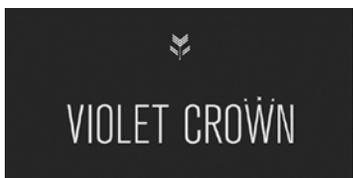
Tuesday, July 26
Check In: 9:45 am • Return: 3:00 pm
\$3 transportation (bring your own lunch if you do not wish to buy)

Jemez Springs Historic Site

The Jemez National Historic Landmark is one of the most beautiful prehistoric and historic sites in the Southwest. It includes the stone ruins of a 500-year-old Indian village and the San José de los Jemez church dating to 1621/2. The village of Giusewa was built in the narrow San Diego Canyon by the ancestors of the present-day people of Jemez (Walatowa) Pueblo. The name Giusewa refers to the natural springs in the area.

North Valley

Wednesday, July 27
Check In: 8:30 am • Return: 4:00 pm
\$7.50 transportation



Violet Crown Restaurant & Movie Theater

Located in the heart of Santa Fe's Railyard District is a new cinema and restaurant. Join us as we eat at the locally sourced restaurant and watch a movie. There is also a beer and wine bar which features more than 30 taps of craft beer, wine and cider. ** Movie will be announced closer to date.

Palo Duro

Wednesday, July 27
Check In: 10:00 am • Return: 4:00 pm
\$8.50 transportation and \$12 Movie Ticket

Ojo Caliente

Long before the Spaniards described as the "hot eye" of a deep volcanic aquifer, and even before the early Indian peoples gathered at these ancient springs, the waters have been flowing steadily from a source deep below the earth's surface. Ojo Caliente is the only natural hot springs in the world with the remarkable combination of five bubbling waters. Each is pleasantly pleasing to your senses. The fee includes access to all the pools and steam baths all day.

Barelas

Wednesday, July 27
Check In: 7:00 am • Return 6:00 pm
\$15 transportation, \$21.43 admission

Los Volcanes

Thursday, August 18, Tuesday, September 20
Check In: 6:30 am • Return: 7:00 pm
\$15 transportation, \$21.43 admission

North Domingo Baca

Tuesday, August 23
Check In: 8:00 am • Return 6:00 pm
\$15 transportation, \$21.43 admission

North Valley

Every 1st Thursday of the Month
Starting in August
Check In: 7:30am • Return: 5:30 pm
\$15 transportation and \$21.43 admission



ABQ Bio Park

The ABQ BioPark is a unique environmental museum comprising four facilities; Albuquerque Aquarium, Rio Grande Botanic Garden, Rio Grande Zoo and Tingley Beach (fishing lakes). We'll be hopping aboard two trains The Rio Line & The Thunderbird Express on a loop through the Rio Grande bosque to connect the Aquarium & Botanic Garden with the Zoo for a unique view of the BioPark.

Highland

Thursday, July 28
Check In: 9:00 am • Return: 4:30 pm
\$2 transportation

Shopping at Passion for Fashion Boutique

Join us on this shopping trip where you just might find some designer brand clothing at bargain prices followed by a nice afternoon lunch.

Barelas

Thursday, July 28
Check In: 10:00 am • Return 3:30 pm
\$2 transportation

Jackalope of Santa Fe

The first Jackalope location, the Santa Fe store overflows with a huge variety of one-of-a-kind home and outdoor furnishings and accessories from India, Bali, Africa, Thailand,



China, Mexico, and more. Guests say it offers the most fun you'll ever have shopping!

North Valley

Friday, July 29
Check In: 8:30 am • Return: 4:00 pm
\$9 transportation

AUGUST



Santuario de Chimayo & Lunch at El Parasol Restaurant

Mass at 11:00 am for those of you who would like to attend. -The Santuario is on Juan Medina Drive in Chimayó. It is entered through a walled courtyard. Built of adobe with a bell tower on each side, the church is 60 feet long and 24 feet wide with walls more than 3 feet thick. The "elegant" doors were carved by the 19th-century carpenter Pedro Domínguez. An unusual feature is two side-by-side rooms at the entrance forming a vestibule. The nave contains a crucifix by the santero "Molleno" representing Christ of Esquipulas, 6 feet tall. A small room called el pocito contains a round pit, the source of "holy dirt" (tierra bendita) that is believed to have healing powers.

Los Volcanes

Tuesday, August 2
Check In: 9:00 am • Return: 3:00 pm
\$12 transportation



Trips are first-come, first-served. Most require advance registration.

NM State Pen

The New Mexico Corrections Department will be offering tours of the "Old Main" prison over the summer to a limited number of people. These tours are to inform visitors about what happened during the February 2, 1980 riot and teach them more about the Corrections Department. The money from these tickets will go back into revitalizing the facility. These tours are centered around the "Old Main" theme; "Respecting our Past to Create a Better Future." There will be no ghost stories or related topics discussed on these tours.

Los Volcanes

Wednesday, August 3,
Thursday, September 8
Check In: 10:00 am • Return: 3:30 pm
\$3 transportation, \$5 Lunch, \$15 Tour

Santo Domingo Pueblo Feast Day – Huge Corn Dance

Santo Domingo Pueblo is the scene of the largest Indian Dance Ceremony held annually in the Southwest. This is the Feast Day of St. Dominic, Patron Saint of the historic Indian Pueblo, and more than 1000 Santo Domingo natives join in on a presentation of the colorful Green Corn Dance.



Los Volcanes

Thursday, August 4
Check In: 8:15am • Return: 4:00pm
\$5



Pioneer Store Museum

Chloride got its start in 1880, when rich silver 'chlorides' (ore) was discovered in the mountains and canyons of the Black Range Mountains nearby. The first silver find was within the area claimed by Victorio, the Apache Indian Chief, and his band of Warm Springs Apaches, as their hunting grounds. Several of the early miners, including Harry Pye, the original discoverer of the silver, paid with their lives for intruding on the Indian lands. As word of the

rich silver find leaked out, prospectors and miners swarmed in Chloride was a typical 'boom' town, with eight saloons, but no churches. In 1896, Chloride died as fast as it had started, when the price of silver dropped and the quantity, and quality, of the ores also dropped. Chloride has been known for many years as a Ghost Town; however, it was never completely deserted. Join us for a guided tour, have lunch, and visit the town's gift shop.

Los Volcanes

Saturday August 6
Check In: 7:00 am • Return: 6:00 pm
\$19 transportation and \$5 guided tour



Chaco Canyon

Chaco canyon contains the most sweeping collection of ancient ruins, north of Mexico. The park preserves one of the United States most important Pre-Columbian cultural and historical areas.

Los Volcanes

Tuesday, August 9
Check In: 7:00 am • Return: 6:00 pm
\$18 transportation and bring sack lunch

Barelas

Saturday, September 24
Check In: 7:00 am • Return: 6:00 pm
\$18 transportation and bring a sack lunch

Albuquerque Indoor Flea Markets

If you love hunting for bargains and unusual finds, indoor flea markets might be a shopping dream come true! Join us as we patronize several indoor flea markets around Albuquerque.



Bear Canyon

Wednesday, August 10
Check In: 9:30 am • Return: 3:30 pm
\$2.50 transportation



Hay's Honey & Apple Farms & Benny's Restaurant

Our honey is like a fine wine that is created from flowers instead of grapes. These specialty honeys are beautiful gifts for any sweet occasion as well as a delicious treat for any pantry. Benny's Mexican Food Kitchen – Try the Benny Burger! Best tasting Green Chile Cheese Burger in New Mexico. Beats all the others. Benny's also has the best taco's ever ever! Taco Tuesday for Life! Recommend this place to everyone who enjoys a REAL REAL good taco!

Los Volcanes

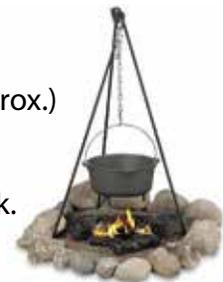
Thursday, August 11
Check In: 8:30 am • Return: 2:30 pm
\$3 transportation

Chuckwagon Supper

Located in the Edgewood Wildlife West Nature Park, we will enjoy a traditional chuck wagon show, barbecue dinner and live music.

Palo Duro

Saturday, August 13
Check In: 4:15 pm
Return 10:00 pm (approx.)
\$5 transportation,
\$23 Chuck wagon
dinner payable at park.



Barelas

Saturday, August 20
Check In: 3:45 • Return: 10:00 pm
\$5 transportation, \$23 Chuck wagon
dinner payable at park.

Bear Canyon

Saturday, August 20
Check In: 3:00 pm • Return: 10:00 pm
\$5 transportation, \$23 Chuck wagon
dinner payable at park.



Corrales Bike & Wine Tour

This year's tour will feature a bike ride with stops designated roughly every two miles for patrons to enjoy wine tasting offered by the villages premier vineyards. The Wineries included in the tasting tour will be Acequia Winery, Corrales Winery, Matheson Winery and Pasando Tiempo Winery. Remember this is an event you can enjoy ALL DAY LONG. Bicycle safety equipment and all-terrain bikes are encouraged but not required. All ages are welcome on the tour All additional expenses on your own. Extra glasses of wine at each winery bottles of wine, etc.

Los Volcanes

Saturday, August 13
Check In: 10:45 am • Return: 3:45 pm
\$4 transportation and \$8 admission

Great Harvest Bread Company

If you like Fresh, Fresh, Fresh Great Harvest Bread Co. is the place for you, they specializes in 100% Whole Grain Breads made with flour ground fresh each day. Enjoy a tour and a tasty and nutritious lunch.



Bear Canyon

Tuesday, August 16
Check In: 8:30 am • Return: 1:00 pm
\$2 transportation

Turquoise Trail & Shopping in Madrid

Travel the scenic Turquoise Trail and experience the village of Madrid nestled in a narrow canyon in the Ortiz Mountains. Once a historic coal mining town and ghost town, Madrid is now a creative community with over 40 shops and galleries, several restaurants, a spa and museum. Great place to eat lunch at Mineshaft Tavern.

Los Volcanes

Tuesday, August 16
Check In: 8:00 am • Return: 4:30 pm
\$12 transportation

Obon Festival at Japanese Garden with Summer Night Concert

Join us in the Japanese Garden to make floating lanterns during one of the Garden's Summer Night music performances. Tables and supplies will be set up prior to the Summer Nights concert. The Lanterns will be floated during the intermission. Supplies will be provided while they last. This is a celebration of the Japanese Buddhist custom to honor the spirits of one's ancestors. Lunch will be prior to attending the festival at the Shark Reef Café at the Botanical Gardens.

Manzano Mesa

Thursday, August 18
Check In: 4:00 pm • Return: 9:00 pm
\$2 transportation, \$10 admission fee

North Valley

Thursday, August 18
Check In: 4:00 am • Return: 9:00 pm
\$2 transportation, \$10 admission fee



Que Sera Alpacas - Santa Fe

You will be welcomed to a working alpaca ranch where you can have fun on a trip that's a bit out of the ordinary. Meet the baby alpacas, called cria, and their moms. See the fiber processing area and the "kissing alpacas" who will steal your heart and make you want to take them home!

Highland

Friday, August 19
Check In: 9:00 am • Return: 3:30 pm
\$6 transportation

Santa Fe Indian Market - Santa Fe Plaza

Native American artists and craftspeople from all over North America exhibit their work for juried competitions and purchase. Activities include Native dances, music, costumes, food etc. No admission fee.

Los Volcanes

Saturday, August 20
Check In: 9:00 am • Return: 4:00 pm
\$9 transportation

North Valley

Saturday, August 20
Check In: 8:00 am • Return: 5:00 pm
\$9 transportation



New Mexico Conference on Aging - Pre-Conference Classic Car Show

Join us for a classic car show. Enjoy live music! There will be food vendors.

Barelas

Monday, August 22
Check In: 4:00 pm • Return: 8:30 pm
\$2 transportation

Conference on Aging

Isleta Casino and Resort hosts the 37th Annual Conference on Aging brought to you by NM Aging and Long Term Services. The NM Conference on Aging offers older adults, caregivers and professionals a chance to learn and have fun in an environment that supports independence and dignity. Applications will be available at the front desk. Registration & Lunch on own. www.nmaging.state.nm.us Long-Term Services Isleta

Barelas

Tuesday, August 23
Check in: 7:30 am • Return: 6:00 pm
Free transportation, lunch and registration fee at your own expense.

Los Volcanes

Tuesday, August 23
Check In: 7:30 am • Return: 5:00 pm
Wednesday, August 24
Check In: 7:30 am • Return: 4:00 pm

HWY 63 Pecos Canyon Tour

Come join us for a scenic drive through the Pecos Canyon on HWY 63 to a small mercantile. We will stop at a local camping spot to eat the sack lunch that will be provided by the center.

North Valley

Tuesday, August 30
Check In: 8:00 am
Return: 5:00 pm
\$10 transportation



Centennial Celebration at Aztec Ruins

Pueblo people describe this site as part of their migration journey. Today you can follow their ancient passage-ways to a distant time. Explore a 900-year old ancestral Pueblo Great House of over 400 masonry rooms. Look up and see original timbers holding up the roof. Search for the fingerprints of ancient workers in the mortar. Listen for an echo of ritual drums in the reconstructed Great Kiva. As part of their birthday celebration, you will get in free! We'll stop for breakfast before heading to the ruins and have a picnic lunch.

Barelas

Thursday, August 25
Check In: 7:00 am • Return 6:00 pm
\$20 transportation and bring sack lunch

Saint Augustine Feast Day – Harvest Dance at Isleta Pueblo

Traditional Native American dances, food, and arts and crafts round out the activities celebrating the harvest season.

Los Volcanes

Saturday, August 27
Check In: 8:15 am • Return: 3:30 pm
\$3 transportation

Sunflower Festival, Mountainair New Mexico

Celebrating Sunflowers the Sunflower Festival, a major cultural event for the community and surrounding area, features: Arts and crafts show featuring over 100 local and regional artists and artisans. Food and other street vendors.



Los Volcanes

Saturday, August 27
Check In: 9:00am • Return: 3:30pm
\$9 transportation

Manzano Mesa

Saturday, August 27
Check In: 9:00 am • Return: 5:00 pm
\$9 transportation

De Vargas Street-Santa Fe

This will be an interesting and informative tour of the Barrio de Analco District on the Lower Santa Fe Trail. The highlight will be the 800 year old adobe house, reported to be the

oldest house in the USA. There are numerous places of interest within walking distance that we will tour also, ending our tour with lunch at one of Santa Fe's great restaurants.

Highland

Wednesday, August 31
Check In: 9:00 am • Return: 5:00 pm
\$10 transportation

SEPTEMBER



Randall Davey Audubon Center & Sanctuary

From riverside riparian areas to pinon-juniper woodland, you can explore many different kinds of ecosystems and wildlife. Bring your binoculars and cameras.

Highland

Thursday, September 8
Check In: 9:00 am • Return: 4:00 pm
\$10 transportation

Albuquerque Scavenger Hunt

So you think you know Albuquerque? Join us for a scavenger hunt across town. A brave crew will be armed with some clues to find the items on the list.

Manzano Mesa

Friday, September 9
Check In: 9:00 am • Return: 2:00 pm
\$2 transportation



Pie Town Festival

Pie Town is a tiny little community located about 20 miles west of Datil, New Mexico. The town was named after a baker in the 1920s that made pies. Pies so good, the town was named after it.

Barelas

Saturday, September 10
Check In: 7:00 am • Return: 6:00 pm
\$18 transportation

Los Volcanes

Saturday, September 10
Check In: 8:00 am • Return: 6:00 pm
\$18 transportation

North Valley

Saturday, September 10
Check In: 8:00 am • Return: 5:00 pm
\$18 transportation

Highland

Thursday, September 22
Check In: 8:15 am • Return: 6:00 pm
\$18 transportation



Save the date! Taste the flavors, feel the rhythms, and dance to the sounds of salsa during the 11th Annual Historic Old Town Salsa Fiesta!

Los Volcanes

Saturday, September 10
Check In: 10:00 am • Return: 4:00 pm
\$2 transportation

Senior Day @ State Fair

Come and join us for a day of fun at the New Mexico State Fair. The State Fair reflects the unique heritage of New Mexico through attractions such as Indian Village, Villa Hispana, art galleries, agricultural and livestock competitions embedded in the state's rural roots.

Bear Canyon

Monday, September 12
Check in: 9:00 am • Return: 3:00 pm
\$2 transportation

Highland

Monday, September 12
Check In: 9:00 am • Return: 3:00 pm
\$2 transportation



SEPTEMBER, con't

Los Volcanes

Monday, September 12
Check In: 9:00 am • Return: 4:00 pm
\$2 transportation

Manzano Mesa

Monday, September 12
Check In: 9:00 am • Return: 3:00 pm
\$2 transportation

North Valley

Monday, September 12
Check In: 8:45 • Return: 3:00 pm
\$2 transportation

Palo Duro

Monday, September 12
Check In: 9:00 am • Return: 3:00 pm
\$2 transportation



Wild Spirit Wolf Sanctuary

Visit WILD SPIRIT WOLF SANCTUARY located in Ramah, NM, Founded in 1991 by artist Jacque Evans. Wild Spirit Wolf Sanctuary is a non-profit organization dedicated to providing permanent, safe sanctuary for abused and abandoned captive-bred wolves and wolf-dogs. They rescue captive bred wolves, wolf-dogs and other wild canines and provide them lifetime sanctuary and care.

Bear Canyon

Tuesday, September 13
Check In: 8:00 am • Return: 5:00 pm
\$21.50 transportation

Historic Route 66 East

Let's explore Route 66 eastward from Albuquerque toward Santa Rosa. We'll stop frequently and search for relics of the old Mother Road as well as explore any new curiosities we may find. The drive will take us through Tijeras, Barton, Moriarty, Clines Corners, and Santa Rosa. We'll stop in Santa Rosa for lunch. Bring your cameras as there will be many photo opportunities.

Manzano Mesa

Wednesday, September 14
Check In: 9:00 am • Return: 5:30 pm
\$13 transportation



Old Town "Celebrando Nuestra Herencia" - "Celebrating Our Heritage"

This annual event will kick off the National Hispanic Month celebrations. Live entertainment will help in the celebration of history, culture, and diversity. Participating galleries and shops will be open till 8:00 p.m. Also check out other exciting events at the Gazebo.

North Valley

Friday, September 16
Check In: 5:30 pm • Return: 8:30 pm
\$2 transportation

Chocolate Maven

This is a wonderfully cozy award winning bakery café where we will enjoy the finest world class pastries, the best cappuccino and an amazingly delicious lunch in an atmosphere of cheer and charm.

Palo Duro

Tuesday, September 20
Check In: 9:15 am • Return 4:00 pm
\$7 transportation

Steam Train Tour

After over a decade of effort by an eclectic and dedicated volunteer staff of doctors, scientists, engineers, skilled tradesmen and others, are in the process of restoring the Baldwin 4-8-4 Steam Locomotive, AT&SF No. 2926. The thunder of 2926 and the wail of her whistle will be heard again as she makes her way from town-to-town.



Bear Canyon

Wednesday, September 21
Check In: 8:30 am • Return 4:00 pm
\$2.50 transportation

Check out the
Mystery Book Club
See Page 27



Gilly's Hatch Valley Chile Company

Purchase of chile and lunch on your own.

Los Volcanes

Thursday, September 22
Check In: 7:15 am
Return: 7:00 pm
\$15 transportation



Forensic Science Center

Learn what forensic science and crime scene investigation is really like, and what it is not. A presentation will be followed by a tour of the two story building, which will feature such areas as DNA chemistry and fire arms.



Manzano Mesa

Thursday, September 22
Check In: 8:15 am • Return 2:00 pm
\$2 transportation

Corrales Harvest Festival

Join us for a fun day at the festival. You'll enjoy a pet parade, fun run, crafts, food, kid events. Wagner's Corn Maze pumpkin patch & more.

Los Volcanes

Saturday, September 24
Check In: 9:30 am • Return: 2:00 pm
\$3 transportation

San Miguel Mission Church Fiestas

North Valley

Saturday, September 24
Check In: 8:30 am • Return 5:00 pm
\$7.50 transportation

Historic Route 66 West

Let's explore Route 66 westward from Albuquerque toward Grants. We'll stop frequently and search for relics of the old Mother Road as well as explore any new curiosities we may find. The drive will take us through Rio Puerco, Laguna, Budville, McCarty's, and Grants. We'll stop in Grants for lunch. Bring your cameras as there will be many photo opportunities.

Manzano Mesa

Tuesday, September 27
Check In: 9:00 am • Return: 5:30 pm
\$10 transportation

New Mexico Travertine Company

Let's take a trip to Belen, New Mexico and see how decorative building stone, mined at a nearby quarry, is cut

and polished. A tour of their facilities will be interesting and informative.

Highland

Wednesday, September 28
Check In: 9:30 am • Return: 3:00 pm
\$5 transportation



Albuquerque Balloon Factory

We have all enjoyed the sights of balloons filling the skies during the annual Hot Air Balloon Festival, but now we can go behind the scenes and learn how these colorful hot air balloons are made.

Palo Duro

Monday, September 26
Check In: 9:00 am • Return 4:00 pm
\$2 transportation

Bear Canyon

Wednesday, September 28
Check In: 9:00 am • Return: 4:00 pm
\$2 transportation

Salman Raspberry Ranch

Come and enjoy picking raspberry's in The U Pick It Field. These berries are sweet, delicious and hugely plentiful.

Los Volcanes

Tuesday, September 27
Check In: 7:15 am
Return: 4:00 pm
\$17 transportation



North Valley

Tuesday, September 27
Check In: 7:45 am • Return: 5:00 pm
\$17 transportation¹²

Mineral Museum

Located on the campus of the New Mexico Institute of Mining and Technology, The Mineral Museum established in 1889, houses the collection of 15,000 mineral specimens and was assembled to assist with the education of the engineers and geologists and has grown to be one of the largest.

Bear Canyon

Tuesday, September 27
Check In: 8:00 am • Return: 4:00 pm
\$10.50 transportation

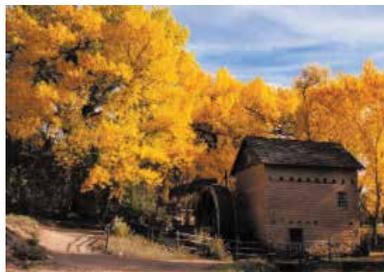
OCTOBER

Greek Fest

Spend a fun filled day shopping until you drop at the beautiful outlet mall. Shops include, Ralph Loren, Nike, Coach and Tommy Hilfiger.

North Domingo Baca

Saturday, October 1, 2016
Check In: 10:00 am • Return 2:30 pm
\$5 transportation/admission



Harvest Festival @ El Rancho de Las Golondrinas

Experience traditional autumn activities on an historic Spanish ranch. Crushing grapes for wine, stringing chile ristras, milling and threshing wheat, sorghum molasses making. Music, dance art.

Los Volcanes

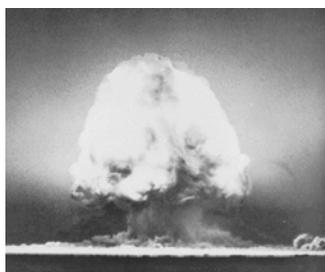
Saturday, October 1
Check In: 9:00 am • Return: 3:00 pm
\$6 transportation, \$5 Admission

North Valley

Saturday, October 1
Check In: 9:15 am • Return: 4:00 pm
\$6 transportation, \$5 Admission

Trinity Site Visit

Trinity Site, where the first atomic bomb was tested at 5:29:45 a.m. Mountain War Time on July 16, 1945. The 51,500 acre area was declared a National Historic Landmark in 1975. The landmark includes base camp, ground zero, and the McDonald ranch house where the plutonium core to the bomb was assembled. Visitors to a Trinity Site Open House see Ground Zero, "Jumbo" bomb casing, the McDonald House, one of the



old instrumentation bunkers, historical photos, a Fatman bomb casing, and part of the original crater left by the explosion revealing "Trinitite". (Greenish colored glassy substance formed by the heat and pressure of the explosion).

Manzano Mesa

Saturday, October 1
Check In: 9:00 am • Return 5:30 pm
\$15 transportation

Pimentel & Sons Guitar

Take a tour and learn the history of how the Pimentel Brothers create exquisite classic guitars by hand. These brothers are known around the world as the best guitar makers alive.



Bear Canyon

Tuesday, October 4
Check In: 9:30 am • Return 2:00 pm
\$2.50 transportation

Leonora Curtin Wetland Preserve – Santa Fe

The Leonora Curtin Wetland Preserve is a 35-acre nature preserve located south of Santa Fe. The preserve is adjacent to El Rancho de las Golondrinas in La Cienega. This rare natural cienega, or "marsh" in Spanish, hosts a bountiful diversity of plants and wildlife. The Preserve contains three distinct plant communities or zones. They are: riparian/wetland, transitional, and dry uplands.

The Leonora Curtin Wetland Preserve is named for Leonora Scott Muse Curtin who first came to New Mexico from New York in 1889. She was an avid naturalist, who spoke fluent Spanish, and became interested in plants with medicinal and nutritional values used by Native Americans and early Spanish settlers. She quickly became fascinated with the healing skills of the curanderas, who used naturally growing herbs to treat the sick and injured. Healing Herbs of the Upper Rio Grande compiles Curtin's research from time spent in the mountain villages of Northern New Mexico.

Barelas

Wednesday, October 5
Check In: 8:15 am • Return: 4:30 pm
\$8.00 transportation, \$6 admission

OCTOBER, con't.

Museum of International Folk Art

This museum holds the largest Folk Art collection in the world, showcasing 150,000 artifact exhibitions in four district wings and will give you a better understanding of Folk Art.

Highland

Wednesday, October 5
Check In: 9:00 am • Return: 4:00 pm
\$10 transportation

Salinas Pueblo Missions

Salt, Societies, and Spirituality: A Tale of Two Cultures: Tucked away in the middle of New Mexico, you'll find Salinas Pueblo Missions National Monument. The three sites offer a glimpse into a unique time in history. A time entrenched with cultural borrowing, conflict, and struggles. The now abandoned sites stand as reminders of the Spanish and Pueblo People's early encounters. The third site will be visited only if time allows.

Bear Canyon

Thursday, October 6
Check In: 8:00 am • Return 4:30 pm
\$11 transportation



El Morro National Monument - Inscription Rock

You'll have no regrets seeing this beautiful monument. Inscription Rock rises above the valley floor, a massive sandstone bluff, for over 300 years, Spanish Explorers and Soldiers, followed by American Soldiers, Pioneers and others passed by El Morro. While they rested in the shade and drank from the pool many carved their signatures, dates, and messages.

Manzano Mesa

Thursday, October 6
Check In: 8:00 am • Return 5:00 pm
\$15 transportation, bring a sack Lunch



Rio Grande Arts & Crafts Festival Balloon Fiesta Show

Every October thousands of shoppers and collectors from all over the world attend the Rio Grande Arts and Crafts Festival, which coincides with Albuquerque's International Balloon Fiesta. This juried show features the work of 200 fine artists and craftspeople from throughout the U.S., offering tourists and residents a unique, world-class art experience.

North Valley

Friday, October 7
Check In: 10:15 am • Return: 3:30 pm
\$2 transportation

Ghost Tour of Old Town

Legends, folklore and history come to life as you embark on an intriguing excursion through 300 years of haunted history. Old Town was founded in 1706, and for over 300 centuries people have lived and died around the Old Town Plaza. The historic buildings and dark alleys conceal the long-forgotten secrets of battles, murders, hangings, and hidden cemeteries. Join us for a guided tour!

Barelas

Wednesday, October 12
Check In: 10:45 am • Return: 4:00 pm
\$2.50 transportation, \$8 for Guided Tour

Coronado State Monument

While searching for the fabled seven cities of gold, Coronado instead came across twelve prosperous Tiwa farming villages. Because of conflict with Coronado, one of those villages, Kuaua, occupied since AD 1325, was soon abandoned. Visit the ruins and see some of the finest Pre-Columbian murals ever found in the painted kiva of Kuaua. At the beautiful visitor's center, enjoy seeing the artifacts and learn the history of this ancient place. Near Bernalillo.



Bear Canyon

Wednesday, October 12
Check In: 9:00 am • Return 3:00 pm
\$4 transportation

Ojo Caliente

Long before the Spaniards described as the "hot eye" of a deep volcanic aquifer, and even before the early Indian peoples gathered at these ancient springs, the waters have been flowing steadily from a source deep below the earth's surface. Ojo Caliente is the only natural hot springs in the world with the remarkable combination of five bubbling waters. Each is pleasantly pleasing to your senses. The fee includes access to all the pools and steam baths all day.

Los Volcanes

Thursday, October 13
Check In: 6:30 am • Return: 7:00 pm
\$15 transportation, \$21.43 admission

4th of July Canyon Leaf Peeping

Densely wooded with bigtooth maples, 4th of July Canyon is glorious any time of the year, but in early October the forest blazes with hues of burgundy, reds and oranges. We will have lunch before making our way up to the Canyon.

Manzano Mesa

Thursday, October 13
Check In: 10:45 am • Return: 5:00 pm
\$6.50 transportation

New Mexico Mineral Museum

Located on the campus of the NM Institute of Mining and Technology, this museum exhibits minerals and artifacts found in NM localities. Created in 1899, the collection has evolved now assembling over 15,000 different species, many arranged by their chemical composition. We will have lunch at a nearby restaurant.



Palo Duro

Friday, October 14
Check In: 8:00 am • Return 4:00 pm
\$9.50 transportation

Pumpkin Chunkin Festival

Started in 1995 by local farmers, this contest draws contenders from all over. Pumpkins between eight and ten pounds are launched by giant bucket



slings and catapulted through the air. Teams vie for the longest distance hoping to compete in the national contest held in Delaware every October. There is also entertainment, craft booths and food vendors.

Palo Duro

Saturday, October 15
Check In: 9:00 am • Return: 3:30 pm
\$8 transportation, \$5 admission

CNM Culinary Tour

CNM's Culinary Arts Program teaches innovative trends in the hospitality/food service industry while providing an atmosphere for learning that encourages students growth, teamwork, and diversity that result in lifelong learning and employment in the hospitality/food service industry. In touring the Culinary Arts facility, your group will see first-hand how our students study baking and pastry, professional cooking, safety, sanitation, nutrition, equipment use, human relations, supervisory skills, dining room skills, and learn best business practices.



Bear Canyon

Tuesday, October 18
Check In: 9:00 am • Return: 2:00 pm
\$2.50 transportation

McCall's Pumpkin Patch

Take a hay ride to the pumpkin patch. Pick and choose your own pumpkin from the field, try to find your way through the corn maze, feed the farm animals, eat, and much more. It's good old-fashion fun!

Bear Canyon

Wednesday, October 19
Check In: 9:15 am • Return 4:00 pm
\$5.50 transportation



Bosque de Apache National Wildlife Refuge

Nothing at Bosque Del Apache Refuge compares to the thundering sound of wing beats and calls as 40,000 light geese

(snow and Ross's) lift en masse and fly directly over your head, followed by the leisurely lift offs of the sand-chill cranes. The backdrop of the "fly-out" spectacle may be a famous New Mexico sunrise made more intense by endless skein of ducks across the horizon.

North Valley

Thursday, October 20
Check In: 9:30 am • Return: 6:30 pm
\$13 transportation

Riverbend Hot Springs Mineral Springs Resort & Spa

Long considered sacred by the Apache and Mimbres Tribes of Southern New Mexico, the natural, mineral rich water of Riverbend Hot Springs has been relaxing and rejuvenating. Now we bring you these legendary waters from our gorgeous riverside locale in the historic downtown district of Truth or Consequences (formerly Hot Springs, NM) Join New Mexico's only hot springs spa on the banks of the Rio Grande. You will be treated to a 50-minute soak.

Manzano Mesa

Thursday, October 20
Check In: 8:00 am • Return: 5:00 pm
\$17 transportation, \$10 admission fee

Tent Rocks National Museum & Monument



The Kasha-Katuwe Tent Rocks National Monument is a remarkable outdoor laboratory, offering an opportunity to observe, study and experience the geologic processes that shape natural landscapes. The cone-shaped tent rock formations from volcanic eruptions are pumice, ash and tuff deposits 1000 feet thick and are a wonder to observe.

Highland

Friday, October 21
Check In: 9:00 am • Return: 3:00 pm
\$8 transportation



KiMo Theater Tour

The KiMo, a spectacular example of the flamboyant "Pueblo-Deco" architectural style, opened in 1927. Fabulous decorations, both indoors and out, adorn this unique jewel of Albuquerque which was saved from demolition in 1977. Visit the fabled KiMo and learn about the beautiful murals by Carl von Hassler, the oldtime stars that graced the stage, and see the 35 KiMo cow skulls with their glowing red eyes.

Bear Canyon

Wednesday, October 26
Check In: 9:00 am • Return 2:00 pm
\$2.50 transportation

NOVEMBER

KRQE Channel 13 News

Have you ever wondered the planning and coordination it takes to provide you with up to the minute local and nationwide news? Now you can visit behind the scenes to learn how the news is delivered into your homes each day. Afterwards, we will have lunch at a local restaurant.

Palo Duro

Tuesday, November 1
Check In: 8:30 am • Return: 2:30 pm
\$2 Transportation



THERE IS SOMETHING FOR EVERYONE!

October Day Trips, con't.
November Day Trips

Day Trips



National Museum of Nuclear Science & History

Welcome to the National Museum of Nuclear Science & History. The nation's only congressional chartered museum in its field. An intriguing place to learn the story of the Atomic Age. Exhibits spanning the early research of nuclear development through today's peaceful uses of nuclear development.

Highland

Thursday, November 3
Check In: 9:15 am • Return: 2:00 pm
\$2 transportation

Museum of American Society of Radiologic Technologists

Through interactive displays and educational exhibits, the museum traces the progress of medical imaging and radiation therapy professionals from the discovery of the x-ray to today. The mission of the museum is to deepen the appreciation and understanding of the radiologic technology profession and to inspire further learning.

Manzano Mesa

Thursday, November 3
Check In: 8:15 am • Return: 2:00 pm
\$2 transportation

Dixon Studio Tour

The Dixon Studio Tour is one of the oldest continuously run studio tours in the state. Dixon, nestled in the Embudo Valley in Northern New Mexico where the Rio Embudo flows into the Rio Grande, has been long known for its rich Native American and Hispanic heritage, productive farm lands and pastoral beauty. During the last 30+ years many artists moved to the valley to pursue their artistic talent and a simpler way of life.

Barelas

Saturday, November 5
Check In: 8:00 am • Return: 4:00 pm
\$13 transportation

North Valley

Saturday, November 5
Check In: 8:00 am • Return: 4:00 pm
\$13 transportation

We are of this place: The Pueblo Story



The Pueblo Story:
The new exhibit represents all 19 Pueblos and builds upon the Indian Pueblo Cultural Centers 40 year's history of telling the story of Pueblo people in their own voices.

North Domingo Baca

Monday, November 7
Check In: 10:00 am • Return: 3:00 pm
\$8 transportation

Turquoise Museum



Join us for 90 minute energetic and interactive guided museum tour featuring the largest collection of natural turquoise on display, world history of turquoise, hands on exhibits, and so much more. Spy into a working lapidary shop and understand how this beautiful gemstone goes from the mountain to the jewelry.

Bear Canyon

Tuesday, November 8
Check In: 10:00 am • Return 3:00 pm
\$2.50 transportation, \$5 admission at your expense



Santa Fe National Cemetery

We will visit this historical Santa Fe property. This is an opportunity to visit the resting place of a loved one at the Santa Fe National Cemetery. Afterwards, we will visit the plaza.

Manzano Mesa

Thursday, November 10
Check In: 9:00 am • Return: 4:00 pm
\$9 transportation

Coffee 101- NM Piñon Co.

Learn all about great coffee & how to decipher a coffee house menu in our comprehensive two hour seminar. Our fun and informative Coffee 101 class includes: Cupping -the practice of experiencing the



tastes and aromas of brewed coffee. Roasting- you'll learn the different roasting terms and get to participate in actual coffee roasting. Also learn fun facts about coffee and its history.

Bear Canyon

Wednesday, November 16
Check In: 8:30 am • Return 5:00 pm
\$2.50 transportation

The Festival of the Cranes

Bosque del Apache Wildlife Preserve, a critical habitat for a large number of resident birds, is also an important wintering home for Sandhill Cranes and will host as many as 14,000 for the winter. They begin to arrive in November and stay until February. The Festival will have an Expo Tent where you can learn more and enjoy coffee or espresso from M Mountain Coffee.

Highland

Thursday, November 17
Check In: 9:00 am • Return: 4:00 pm
\$11 transportation

Shopping at Passion for Fashion Boutique

Join us on this shopping trip where you just might find some designer brand clothing at bargain prices followed by a nice afternoon lunch.

Barelas

Thursday, November 17
Check In: 10:00 am - Return 3:30 pm
\$2 transportation

Bonanza Creek Ranch

This all-inclusive film location is nestled in the foothills near Santa Fe. The ranch is spread out over several thousands of acres and features over five ponds, one movie town and two home sets. More than 130 movies, videos, commercials and catalog shoots have been filmed here. Lunch to follow the tour at a nearby restaurant.

Palo Duro

Tuesday, November 22
Check In: 8:00 am • Return: 4:00 pm
\$6.50 transportation

Rio Grande Arts & Crafts Festival Holiday Show

Bring your friends and family to the Rio Grande Arts and Crafts Festival, Thanksgiving Weekend, to kick-off that holiday shopping and ease into the season! Every November, this renowned

festival comes to life at Expo New Mexico to shake things up during the busiest shopping weekend of the year. Here, shoppers can find the most memorable and original gifts for everyone on their list, whether it's a whimsical piece of pottery, a handmade leather belt, one-of-a-kind jewelry, a cool photograph or a striking piece of fine art. See website for details and discounts.

North Valley

Saturday, November 26
Check In: 10:00 am • Return: 3:30 pm
\$2 transportation, \$7 admission



Popcorn Cannery

Join us on this fun and tasty trip. We will have the opportunity to visit this locally owned facility and taste all the wonderful flavors they have to offer. Popcorn will also be available for purchase. We will then head to lunch at a local restaurant.

Bear Canyon

Wednesday, November 30
Check In: 8:15 am • Return 5:00 pm
\$2 transportation

DECEMBER



Nob Hill Shop & Stroll with Anna

The first week in December brings the annual shopping event with a blitz of food, entertainment, and of course shopping! Many Nob Hill merchants offer specials, incentives and discounts during this festive time of year. We will shop, stroll and enjoy a nice meal at one of the restaurants along the way.

Highland

Friday, December 2
Check In: 4:00 pm • Return: 9:00 pm
\$2 transportation



Old Town Holiday Stroll

The annual lighting of the Christmas Tree in Don Luis Plaza kicks off a delightful evening of entertainment, dining and shopping. The luminarias and twinkle lights fill the air with Holiday spirit during this classic and time-honored Albuquerque event.

Bear Canyon

Friday, December 2
Check In: 3:45 pm • Return 5:00 pm
\$2 transportation

Los Volcanes

Friday, December 2
Check In: 4:15 pm • Return: 9:00 pm
\$2 transportation

North Domingo Baca

Friday, December 2
Check In: 4:30 pm • Return 8:00 pm
\$2 transportation

North Valley

Friday, December 2
Check In: 4:15 pm • Return: 8:30 pm
\$2 transportation

Christmas in Madrid



Come out to spend the day in Madrid, New Mexico's Christmas Town, and watch their annual Christmas Parade! The parade is our traditional kick-off to the Holiday Season. Businesses and homes in Madrid will be lighting their lights at sundown after the parade, with shop and home prizes for best lights.

Bear Canyon

Saturday, December 3
Check In: 2:00 pm • Return 9:00 pm
\$7 transportation

Los Volcanes

Saturday, December 3
Check In: 2:00 pm • Return: 10:00 pm
\$7 transportation

Manzano Mesa

Saturday, December 3
Check In: 2:00 pm • Return: 9:00 pm
\$7 transportation

North Valley

Saturday, December 3
Check In: 1:00 pm • Return: 9:00 pm
\$7 transportation



Shidoni Foundry and Galleries

One of the greatest resources available for art collectors and sculptors is in the village of Tesuque (te-soo-ke). Shidoni - a greeting to a friend in Navajo - is an art gallery including 8 acres of sculpture gardens and bronze art foundry situated along the Rio Tesuque on a former apple orchard. Visitors have the opportunity to see the indoor art galleries which represent more than 140 artists from all over the country. Watch 2000 degree molten bronze being poured into ceramic shell molds.

Barelas

Saturday, December 3
Check In: 10:00 am • Return: 5:00 pm
\$10 transportation, \$10 admission

Christmas at Kuaua – Coronado State Park

Join us for a special evening of music, Native American dancers around a bonfire, and take a walk along a farolito tour (sidewalks lined with paper bags illuminated with candles) through the ruins along the main loop trail, and enjoy refreshments.

Barelas

Sunday, December 4
Check In: 2:30 pm • Return: 9:00 pm
\$4 transportation

Gertrude Zachary Antiques & Holiday Shopping in Nob Hill

We will have a guided tour of Gertrude Zachary Antiques featuring rare and unique, one of a kind, American and European antiques. Then we will enjoy a day of Holiday shopping along the old route 66 in the famous Nob Hill District. Afterwards, we will have lunch at nearby restaurant.

Palo Duro

Thursday, December 8
Check In: 9:15 am • Return: 4:00pm
\$2 transportation

DECEMBER, con't.



Holocaust Museum

This museum's purpose is to educate visitors well as teach about other genocides and forms of bullying that have affected people around the world. We are not limited to one religion, culture, geographic area, or time.

North Valley

Tuesday, December 13
Check In: 10:30 am • Return: 3:00 pm
\$2 transportation



Bugg Light Display in Belen, NM

The Harvey House continues a 46 year tradition with over 300,000 lights, vintage and homemade Christmas decorations, over 50 Christmas trees, nativity scenes, food, crafts, music and many more.

Highland

Wednesday, December 14
Check In: 3:30 pm • Return: 9:00 pm
\$4 transportation



River of Lights

Enjoy the magic of millions of twinkling lights and dazzling holiday displays at New Mexico's largest walk-through light show!

Los Volcanes

Thursday, December 11
Check In: 5:30 pm • Return: 8:30 pm
\$3 transportation, \$10 admission

North Domingo Baca

Wednesday, December 7
Check In: 5:30 pm • Return: 8:30 pm
\$3 transportation, \$10 admission

Bear Canyon

Wednesday, December 14
Check In: 4:45 pm • Return 10:00 pm
\$3 transportation, \$10 admission

Santa Fe Opera 2016



Don Giovanni

Is Don Giovanni a rogue or a sociopath? Are his women victims, or willing accomplices? Funny, terrifying, romantic, tragic — Mozart's setting of the Don Juan story is an opera with everything, including some of the greatest music ever composed for the lyric stage.

Palo Duro

Wednesday, August 10
Check In: 4:30 pm • Return 12:00 am
Cost: \$72.40 Transportation & Ticket.
(Non-Refundable Trip due to purchase of tickets in advance.)

La Fanciulla del West

Minnie, our indomitable heroine, can hold her own with the boys at her saloon. She loves her solitary life in the mountains, but she loves her man more. Puccini's exquisitely crafted score vividly illuminates the harsh realities of the California Gold Rush and its gritty characters.

Palo Duro

Wednesday, August 17
Check In: 4:30 pm • Return 12:00 am
Cost: \$62.15 Transportation & Ticket.
(Non-Refundable Trip due to purchase of tickets in advance.)

Vanessa

Despite her opulent surroundings, Vanessa is a woman haunted, as she has been since the day she was abandoned by her lover. The arrival of the handsome Anatol triggers a gothic love story as Erika, Vanessa's niece, falls in love with him. Is Erika reliving Vanessa's doomed affair? Samuel Barber's opera casts an emotional spell of secrets and deception.

Bear Canyon

Thursday, August 18
Check in: 4:30 pm • Return 12:00 am
Cost: \$68.00 transportation & admission

NO REFUNDS UNLESS A REPLACEMENT CAN BE FOUND!



The Curious Savage – Adobe Theater

Mrs. Savage has been left ten million dollars by her husband but her grown-up stepchildren want to get their hands on it. The kids commit her to a "sanatorium" hoping to "bring her to her senses", but Mrs. Savage is

determined to establish a fund to help others realize their hopes and dreams. Her friends conspire to get rid of her stepchildren.

Bear Canyon

Sunday, August 7
Check In: 12:45 pm • Return 5:00 pm
\$16.00

Auntie Mame - Albuquerque Little Theater

Come with us as we follow Roaring Twenties socialite Mame Dennis

teach her orphaned nephew the nature of free living and free thinking, attempting to keep him from the clutches of the uptight world of his late father's estate executor and, later, his fiancée, in this entertaining adaptation of the Patrick Dennis novel.

Bear Canyon

Sunday, September 4
Check In: 12:45 pm • Return 5:00 pm
\$22.50

The Gavones of Philadelphia -- Adobe Theater

A comedy about those traditional Italian-American values of love, family, greed and deceit. The Gavones have gathered for the funeral of their father and they're bringing all their baggage with them. Pauley, a security guard with a bad gambling habit is in debt to a couple of bookies and decides to rob a bank to get the money. Nicky, his brother, is a washed-up lounge singer, trying to convince his family that he's still playing big venues but his most recent gig was a VFW Post in New Jersey. Their sister Mary and her husband Tony are dealing with their son. It's a wild time for a funeral, a bank robbery and a family reunion.

Bear Canyon

Sunday, September 18
Check In: 12:45 pm • Return 5:00 pm
\$16.00

The Best Man -- Adobe Theater

Secretary of State William Russell lives by his principles, but is haunted by a recent sexual indiscretion that threatens both his marriage and his career. Senator Joe Cantwell presents himself as the people's candidate, yet his determination to win at all costs is also his great flaw. These two frontrunners for their party's presidential nomination vie for the support of the outgoing president, and resort to mudslinging in a very public contest.

Bear Canyon

Sunday, October 23
Check In: 12:45 pm • Return 5:00 pm
\$16.00

You Can't Take It With You - Adobe Theater

Sweet-natured Alice Sycamore falls for banker's son Tony Kirby but when she invites her snooty prospective in-laws to dinner to give their blessing to the marriage, Alice's peculiar extended family

-- including philosophical grandfather Martin Vanderhof, hapless fledgling ballerina sister Essie and fireworks enthusiast father, Paul -- might be too eccentric for the uptight Kirbys.

Bear Canyon

Sunday, November 20
Check In: 12:45 pm • Return 5:00 pm
\$16.00

A Christmas Story - Albuquerque Little Theater

This fun-filled Christmas Classic for the whole family follows Ralphie on his timeless Christmas escapades. This year, there's a gift that Ralphie wants more than anything in the world – a Red Ryder 200-Shot Carbine Action Range Model Air Rifle – but his parents don't seem to think it's such a good idea. "You'll shoot your eye out!"

Bear Canyon

Sunday, December 4
Check In: 12:45 pm • Return 5:00 pm
\$22.50



Investing in a healthy New Mexico for more than 100 years.

As long as there have been New Mexicans, Presbyterian has been caring for them. We've been a part of New Mexico longer than New Mexico has been a state. Over that time, healthcare has changed in ways no one could have imagined. What hasn't changed is our dedication.



(505) ASK-PRES (275-7737)

www.phs.org

VOLUNTEER

Senior Corps Volunteers contribute over 232,000 hours to our community annually; this translates to a contribution valued at approximately \$4.7 million dollars!*

* Value of Volunteer Time according to the Independent Sector in NM in 2014 is \$20.13 per hour. For information call 767-5225



Department of Senior Affairs Transportation Nutrition Division:

Volunteer Drivers are needed to provide transportation for seniors to and from various meal sites, medical appointments, and grocery shopping for daily, four-hour shifts; Monday – Friday.

Meals on Wheels of Albuquerque:

Kitchen volunteers are needed any day Monday through Friday from 9 am-11am. Volunteer Drivers are needed to deliver meals (Use of personal vehicle required).

Catholic Charities:

Volunteer Drivers are needed to provide door to door transportation services to

seniors for medical appointments and grocery shopping. Use of personal vehicle is required; agency gives mileage reimbursements.

Adelante Development Center Benefits Counseling Center:

Volunteers are needed to assist seniors and persons with disabilities in determining eligibility and enrollment for subsidized benefit programs. Training will be provided. Skills: Call for details.

Alzheimer's Association:

Must have the ability to perform various clerical duties and other assignments. Flexible work days are available.

Ronald McDonald House:

Family Room Volunteers are needed to greet and sign in families, maintain laundry room, stock food and drinks, and help families with their needs.

Ombudsman Program:

Volunteer Advocates are needed for residents in nursing homes and assisted living facilities.

The Foster Grandparent Program Advisory Council:

Council members are needed to advocate on behalf of volunteers, evaluate Program effectiveness, and assist in the recognition of volunteers by raising funds and resources.

*Are you 55 years of age or older?
Would you like an opportunity
to help your community?*

Senior Corps Volunteers receive supplemental insurance and transportation reimbursements!



Senior Companions Make Independence A Reality

Senior Companions are healthy older adults who help other adults live independently and can provide support to family caregivers. They assist with grocery shopping and other daily tasks necessary to maintaining independent living. Senior Companions serve an average of 20 hours per week, may qualify for a tax free stipend, and receive assistance for meals & transportation costs. You don't need medical or technical skills to be a Senior Companion. All you need to know is how to be a friend.

YOU HAVE A NEIGHBOR WHO NEEDS A HELPING HAND

For information call 764-1612

Foster Grandparents Share Today. Shape Tomorrow

Foster Grandparents serve as tutors and mentors assisting children with special and exceptional needs. Foster Grandparents serve an average of 20 hours per week, receive meals while on duty, and may qualify for a tax free stipend.

Over 80 Foster Grandparents contribute 80,000 hours of service each year. Foster Grandparents serve in more than 40 sites in Albuquerque, including Elementary Schools, City of Albuquerque Child Development Centers, Head Start Programs, and Community Programs.

The Foster Grandparent Program goals are to enable Foster Grandparents to remain active through participation in meaningful placements and needed community service. Children receive the necessary attention for educational, social, & emotional development.

For information call 764-6412

Senior Corps is a division of the Corporation for National & Community Service, is jointly administered by New Mexico Aging & Long-Term Services Department, and is sponsored locally by the City of Albuquerque Department of Senior Affairs.

RSVP

Lead With Experience

RSVP recruits and places volunteers in government and non-profit organizations to meet community needs.

With RSVP, you choose how much time you want to give and whether you want to share your skills or develop new skills.

For information call 767-5225



Albuquerque Senior Corps

Corporation for
NATIONAL &
COMMUNITY
SERVICE

